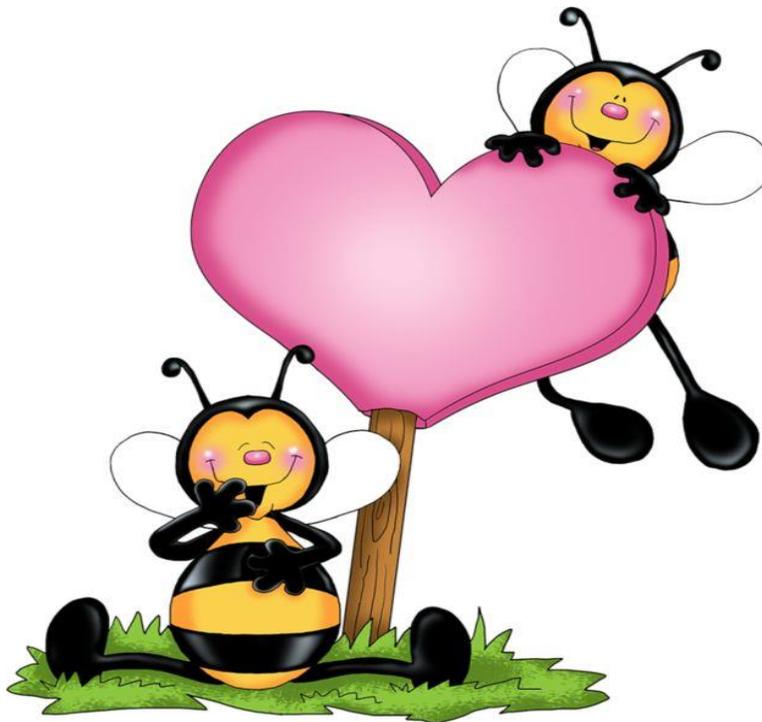


THE BUZZ



**WISHING ALL
OF OUR
COMRADES
HAPPY
VALENTINES
DAY!!**

THE BUZZ



YOUR PRESIDENT'S REPORT

Hello Comrades and Friends,

As the newly elected President of East Vancouver Unit #68 for 2020, I would like to thank our 2019 President Bill Ritchie for all the hard work he has done for our small but mighty Unit #68. Bill has done a great job with updating our by-laws and will continue to make changes to benefit our membership. He has been steadfast in his support of our ailing comrades and was also instrumental as part of our 2019 Poppy Campaign as without Bill, we would not have had a successful campaign. Now Past President, Bill has agreed to assist me with all the new adventures I will face.

I would like to thank Treasurer Sandi Greenfield. As our Past President for 2019 she has done a great job with the Financial reports and with Honours and Awards.

I would also like to thank Comrade Dick Moore for all his help with the Sports events and reports.

Your new Executive consists of
1st Vice President Mardi Zipursky,
2nd Vice President Shirley Oda,
3rd Vice President Ken Griggs,
Directors Leslie Leoppky, and
Kerr Adamson,
Sgt. At Arms Ken Cameron,
Past President Bill Ritchie
Honorary President Bob Rietveld
Padre Dennis Morgan.

I am looking forward to working with the new Executive and membership for a successful 2020.

Moving forward we will have our AGM (Annual General Meeting) in March with the date to be confirmed later.

I am also happy to announce the date of this years Unit #68 Annual picnic at John Hendry Trout Lake Park will be held on Saturday July 18, 2020 and we look forward to seeing you all there.

Regards
Jan Holt
President,
East Vancouver Unit #68

Shoulder to Shoulder

FEBRUARY NEWS FROM YOUR HONOURARY PRESIDENT



Comrades:

Some of this has been around for a while but interesting to up-date. Untouched for 7 decades, a tunnel named "*Harry*" was behind the Iron Curtain and only recently discovered by British archaeologists. Ventilation shafts, ingeniously crafted from used milk containers known as Klim Tins, remained in working order.

The British team found Hammers, crow bars and bits of metal buckets used to dig the tunnel which was 30 ft. under the ground.

Over 600 POW's worked on 3 tunnels at a time, named *Tom*, *Dick* and *Harry*. On March 24, 1944, 76 Allied airmen escaped through *Harry* but unfortunately number 77 was spotted.

Only 3 made it back to Britain, 50 were executed by firing squad on orders from Hitler, who was furious after learning of the security breach. Most tunnellers were British and Canadian, no Americans were involved, other POW's were Polish, South African and New Zealanders.

Today's generations have no true notion of the cost in lives that were paid for the liberties we enjoy today.

I am often approached here in Penticton and asked why my Hummer is so decorated with graphics.

Why I enter parades and am I a veteran? I always proudly inform them that no, I am

not a veteran but I was saved in 1945 in Holland and this has been my thank you to Canada.

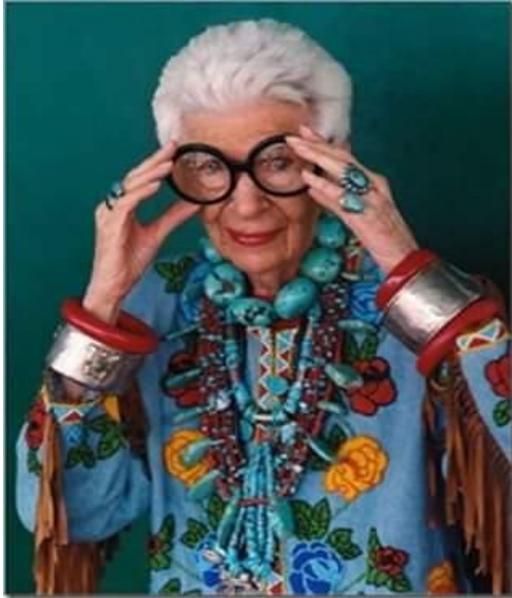
I joined the Legion in 1969 and ANAF in 2001 and am a proud member of both organizations. The above story says it all.

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



Memories remind us
that nothing last forever.
You could be happy today
and sad tomorrow.
Time is precious and should
not be wasted. Enjoy life and
remember, don't count your
days, make your days count.

Kelly's
Treehouse



EDITOR'S NOTE:

This is something we should all read at least once a month. Make sure you read to the end!

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.

"To celebrate growing older, I once wrote the 42 lessons life taught me. It is the most requested column I've ever written.

My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.

7. Cry with someone. It's more healing than crying alone.

8. Save for retirement starting with your first pay check.

9. When it comes to chocolate, resistance is futile.

10. Make peace with your past so it won't screw up the present.

11. It's OK to let your children see you cry.

12. Don't compare your life to others. You have no idea what their journey is all about.

13. If a relationship has to be a secret, you shouldn't be in it...

14. Take a deep breath. It calms the mind.

15. Get rid of anything that isn't useful. Clutter weighs you down in many ways.

16. Whatever doesn't kill you really does make you stronger.

17. It's never too late to be happy. But it's all up to you and no one else.

18. When it comes to going after what you love in life, don't take no for an answer.

19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

20. Over prepare, then go with the flow.

21. Be eccentric now. Don't wait for old age to wear purple.

22. The most important sex organ is the brain.

23. No one is in charge of your happiness but you.

24. Frame every so-called disaster with these words 'In five years, will this matter?'

25. Always choose life.

26. Forgive but don't forget.

27. What other people think of you is none of your business.

28. Time heals almost everything. Give time time.

29. However good or bad a situation is, it will change.

30. Don't take yourself so seriously. No one else does.

31. Believe in miracles.

32. Don't audit life. Show up and make the most of it now.

33. Growing old beats the alternative -- dying young.

34. Your children get only one childhood.

35. All that truly matters in the end is that you loved.

36. Get outside every day. Miracles are waiting everywhere.

37. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

38. Envy is a waste of time. Accept what you already have not what you need.

39. The best is yet to come...

40. No matter how you feel, get up, dress up and show up.

41. Yield.

42. Life isn't tied with a bow, but it's still a gift."

Always remember . . . Friends are the family that we choose.

THOUGHTS ON FRIENDSHIP

by Maya Angelou

Friendship takes work. Finding friends, nurturing friendships, scheduling face time, it all takes a tremendous amount of work. But it's worth it. If you put in the effort, you'll see the rewards of positive friends who will make your life extraordinary.

Many people complain especially about how much work a new friendship is. It takes more time because you haven't established firm footing yet. You might even be the one to call repeatedly in the beginning and feel like you're not getting back the effort you're putting in. But you will. It takes time.

It should be of comfort that we can often use completely wrong words to help a friend and yet still make them feel better because of the intent behind what we say. Sincerity goes a long way in friendship.

"You may not control all the events that happen to you, but you can decide not to be reduced by them. "How often do we let one person ruin our day? Or allow a friendship that ended to consume us in grief so fierce that we stop trying to connect with people again?"

The fact is, people aren't perfect. Friends will let you down. But how you respond with your words and actions will help you be a stronger person, and maybe even become someone that can help another person.

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*“My wish for you is that you continue.
Continue to be who and how you are,
to astonish a mean world with your
acts of kindness.”*
Maya Angelou

**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 FEBRUARY Celebrants!**



Diane Dricos
Beverly Larkin
Dick Moore
Sonja Hanson
Kathy Leminski
Karen Wiens
Mardi Zipursky

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



REMINISCING WITH RON 'ANDY CAPP' ROBINSON . . .

EDITOR'S NOTE:

With Valentine's Day on the horizon and our Ronnie's birthday always celebrated in February this column is a delightful tale of how and why he kept his middle name a secret for so long. Originally printed in our February 2008 issue.

Enjoy! Enjoy!!

In Loving Memory - - - -

In a few days we will be celebrating Valentine's Day so most of this column will concern my connection with Valentines.

My most embarrassing moment in my life came when I was in the fourth grade at Fleming School at Knight Street and 49th Avenue. And yes, I know it's hard to believe, but I was a child once. In front of the entire class Mrs. Gibbs, our teacher, asked me if Valentine was my real name or just a nickname. I stood up and had to admit that 'Yes, Valentine was my real name'. All the boys in the class snickered and all the girls giggled. My face turned crimson and at that moment I could have been 'RED' Robinson. And no longer do the girls giggle at me, now they laugh out loud at me!

I often have wondered why my parents chose the name 'Valentine' for me when I actually was born on February 15th, the day after Valentines Day. I break out in a cold sweat when I think of what name my parents would have named me if I had been born on Halloween night. I probably would have ended up with the name *Pumpkin Robinson*.

After that embarrassing moment in school I never used the name 'Valentine' ever

again until about 35 years later. I read that 5 stores in the Oakridge Shopping Mall had a Valentine contest going. To enter you had to draw up a Valentine relating to each of the stores. I decided my chances of winning would increase if I used the name 'Valentine' Robinson on all of my entries. On Valentines Day I received 5 phone calls, all informing me that I had won all five first prizes – yes – all five!! Of course I never did find out if the name 'Valentine' Robinson won me the prizes, or my clever Valentines. The prizes ranged from gift certificates, chocolates, jewellery, a year supply of laundry detergent, but the best prize of all was a television set from the flower shop. My Valentine for the flower shop read:

"I get a thrill sending flowers to people because I know I'm sending something alive and colorful along with the wonderful fragrance of Mother Nature into their homes."

Now I hope our good friend, Reverend Dennis Morgan isn't reading this column because this confession coming up will probably ruin any chance I might have had of getting into Heaven. Those wonderful words I said about how happy I was sending flowers to people was one huge lie! The fact is I've never sent flowers to anyone in my entire life – the main reason is because I'm just plain CHEAP! But my lies got me a nice television set so there's a moral here – *If you can't tell the truth, lie like hell.*

Now, about our flag . . . you may ask what the Canadian flag has got to do with Valentines Day. Hey, if I ramble on long enough, I can find ways of connecting anything to Valentines

On January 22, 1965, I became the first in Western Canada to fly our new Maple Leaf flag. The event was carried in all the daily newspapers with a full color photo taken in front of our clubrooms. Three weeks later our new flag became official. And on

February 15th, Ottawa proclaimed February 15th (my birthday) as Canada's National Flag Day.

I was so proud and happy that they chose my birthday even though it was actually just a coincident, although I did receive a letter from Prime Minister Lester Pearson thanking me for promoting the new flag.

Forever in our Memories



URGENT NEWS from Glen Eagles Hospital in Washington, DC . . .

Seven women have died after inhaling a free perfume sample that was mailed to them. The product was poisonous.

If you receive free samples in the mail such as lotions, perfumes, diapers, etc. throw them away. The terrorists new ideas.

Please alert all of your friends and family members.

Diane J. Ford
Office of the Chief of Police
Office of Risk Management
101 M Street, SW
Washington, DC

A FUN QUOTE . . .

"The reason there are so few female politicians is that it is too much trouble to put makeup on two faces."

--- Maureen Murphy

HUMOUR IS THE BEST MEDICINE

The mother-in-law stopped unexpectedly by the recently married couples house. She rang the doorbell and stepped into the house to see her daughter-in-law standing naked by the door.

"What are you doing," the mother-in-law asked.

"I am waiting for my husband to come home from work," the daughter-in-law replied.

"Why are you naked," asked the mother-in-law.

"This is my love dress," the daughter-in-law replied.

"LOVE DRESS! You are naked," said the mother-in-law.

"But my husband loves it when I wear this dress. It makes him happy and he makes me happy," said the daughter-in-law. "I would appreciate your leaving now because my husband will be home any minute," the daughter-in-law continued.

Soured by all this romantic stuff, the mother-in-law left. On the way home, she thought about the "LOVE DRESS" and got an idea. She undressed, showered, applied her best perfume, and waited by the door for her husband to come home. Finally, the pickup truck drove up the drive, and she took her place by the door. Her husband opened the door, and immediately saw his wife naked by the door.

"What are you doing," he asked.

"This is my love dress," the mother-in-law replied.

"Needs ironing," he replied.

He is not walking too well just yet.

**GREAT TRUTHS ABOUT LIFE
THAT LITTLE CHILDREN HAVE
LEARNED:**

1. No matter how hard you try, you can't baptize cats.
2. When your Mom is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the second person.
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Reading what people write on desks can teach you a lot.
7. Don't sneeze when someone is cutting your hair.
8. Puppies still have bad breath, even after eating a tic-tac.
9. Never hold a Dust-Buster and a cat at the same time.
10. School lunches stick to the wall.
11. You can't hide a piece of broccoli in a glass of milk.
12. Don't wear polka-dot underwear under white shorts.
13. The best place to be when you're sad is Grandpa's lap.

**GREAT TRUTHS ABOUT LIFE
THAT ADULTS HAVE LEARNED:**

1. Raising teenagers is like nailing Jell-O to a tree.

2. There is always a lot to be thankful for, if you take the time to look.. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.

3. One reason to smile is that every seven minutes of every day, someone in an aerobics class pulls a hamstring.

4. Car sickness is the feeling you get when the monthly payment is due.

5. The best way to keep kids at home is to make a pleasant atmosphere and let the air out of their tires.

6. Families are like fudge ... mostly sweet, with a few nuts.

7. Remember the strong oak tree in your backyard is just a nut that held its ground.

8. Laughing helps. It's like jogging on the inside.

9. Middle age is when you choose your cereal for the fiber, not the toy.

10. My mind not only wanders; sometimes it leaves completely.

11. If you can remain calm, you just don't have all the facts.

**GREAT TRUTHS ABOUT GROWING
OLD:**

1. Growing old is mandatory; growing up is optional.

2. Insanity is my only means of relaxation.

3. You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.

4. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
5. Perhaps you know why women over fifty don't have babies: They would put them down somewhere and forget where they left them.
6. One of life's mysteries is how a two ounce bag of candy can make person gain five pounds.
7. I finally got my head together, and my body fell apart.
8. There cannot be a crisis this week; my schedule is already full.
9. Time may be a great healer, but it's also a lousy beautician.
10. The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.
11. Age doesn't always bring wisdom. Sometimes age comes alone.
12. Just when I was getting used to yesterday, along came today.
13. Freedom of the press means no-iron clothes.
14. Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

WHAT'S IN A NAME

Three woman and their children were outside their psychiatrist's office. The wily old doctor was able to diagnose any complaint after asking the patient a few questions. The first woman went in and the doctor asked her a few questions and proclaimed: "*Madam, all you ever think is food! That is why you named you daughter Candy!*"

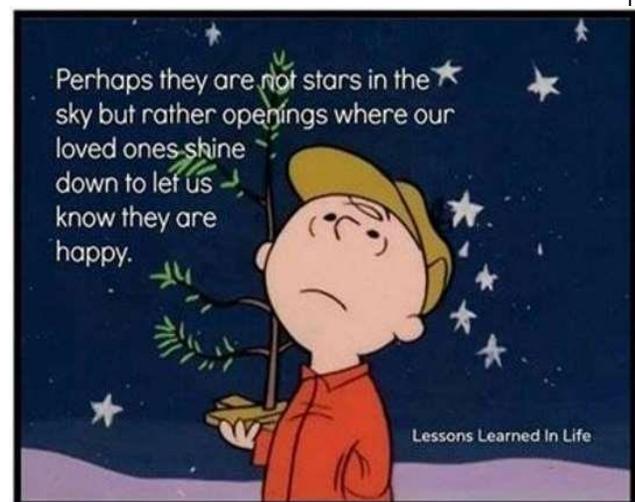
"*Why,*" exclaimed the woman, "*you're absolutely right, doctor!*"

Then it was the second woman's turn. She got the same treatment and the doctor pronounced: "*Madam, you're obsessed with the thought of money. That is why you named you daughter Penny!*"

"*You're right, doctor!*" exclaimed the second woman and left.

The third woman, who had been listening to all this, got up indignantly and said: "*What rubbish! I don't believe a single word you said. Obsessions indeed!*"

Then waving to her little son to follow her, she said: "*Let's go home now Dick.*"



A FEW HANDY HINTS FOR YOU and FOR YOUR HOUSEHOLD



Make Your Beef Patties Inside Ziploc Bag . . .

One way to shape your homemade beef patties is to place the seasoned meat in a ziplock bag and press and shape. They won't stick and it is definitely a less messy method.



Drying Wet Shoes . . .

The tendency is to put wet shoes on or near a heat source to dry them. Unfortunately, this can shrink your shoes. You want to dry shoes at room temperature. Fill the shoes with newspaper or cloth to absorb the moisture in the inside. Change the newspaper or cloth and replace with dry every few hours until dry. It will also help the shoes keep their shape.

To dry tennis shoes after washing or to dry out any wet shoes, put them in front of the refrigerator vent grill. Open the laces wide, pull open the tongue of the shoe so the air can get inside and lay shoes on their side with the opening facing the grill. Hold you hand over the grill while the refrigerator is running and you will feel air blowing out one side more than the other, so use this side for faster drying.



Drying Wet Boots. . . .

Now that it is boot season, many people in our family have wet insides of the boots after being outside. To make them dry faster overnight, stuff them with crumpled newspaper. It absorbs the moisture away from the lining. Works every time!



Keeping Ice Off The Car . . .

No matter where you live, scraping ice off of your car in the early morning is just no one's idea of fun. This is the BEST WAY to keep your windshield frost free.

Wipe the windows and windshield of your vehicle down with white vinegar, undiluted, after you park your car for the night. This will prevent frost from building on your car, and who doesn't LOVE that?



Remembering to take all essential items with you . . . Hang a Bag on the Door Knob . . .

Hanging a small bag on the door knob of your front door to hold keys, lipstick, address or to-do book, pen, etc. will make sure that you take everything essential with you when you run out the door. Toss mail to be mailed that day, a shopping list, your daily coupons, a watch, or anything else you need, into that little bag and as you run out the door, grab it and put it into your chosen purse or handbag of the day!



Use Expired Baking Powder . . .

It can be used as a cleaning agent for scrubbing stains in sinks and on countertops.

Keep near the stove for smothering small grease fires on your range.

It is good for a first aid for animal urine on a carpet or wood flooring, not only to absorb some of the urine, but to help neutralize the acidity and minimize damage to nice floor coverings.

It might still be effective as an odor absorbent in your refrigerator.

THE TRAIN OF LIFE



Life is like a journey on a train with its stations, with changes of routes and with accidents!

At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats!

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all the passengers...requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way – Love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel on the train of life without us.

I wish you a joyful journey for the coming years on your train of life. Reap success, give lots of love and be happy.

More importantly, be thankful for the journey!

Lastly, I thank you for being one of the passengers on my train!

~Unknown

EDITOR'S NOTE: I found these beautiful words a while ago. I do not know the source of where they came from but I think they have been distilled from this poem "Life is like a train ride" by John A Passaro. I love what the analogy expresses about life and death and wanted to share it with you.

Including the above article has very special meaning for me as I literally grew up on the tracks - - - in a CPR Station with trains going by under my bedroom window at all hours of the day and night. They flashed by a bare 8 or 10 feet from my window.

Your Editor Mardi

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



**PHILLY CHEESESTEAK
MEATLOAF**



You haven't lived until you've tried a Philly cheesesteak in meatloaf form.

INGREDIENTS

- 2 tablespoons butter
- 1 small yellow onion diced
- 1 small green bell pepper diced
- 8 ounces brown mushrooms minced
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon fresh ground black pepper
- 2 pounds lean ground beef 80/20 or 85/15
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 2 eggs

- 1 cup panko breadcrumbs
- 8 ounces Provolone Cheese Slices

DIRECTIONS

1. Preheat the oven to 375 degrees and spray a large loaf pan with cooking spray.
2. In a large skillet, add the butter and the onions and bell peppers, mushrooms, salt and pepper.
3. Let brown for 1-2 minutes before stirring, then let brown for another 1-2 minutes before stirring again.
4. Let cool for five minutes.
5. In a large bowl add the ground beef, ketchup, Worcestershire sauce, eggs, panko breadcrumbs and the cooled vegetable mixture.
6. Add half the mixture to your loaf pan then add half of the cheese to the middle of the pan in a 2 inch wide section (I cut the slices into thirds for the right width).
7. Cover with the rest of the meat and form into a rounded top loaf shape.
8. Cook for 40 minutes, then pull out of the oven, cover with remaining cheese and put back in.
9. Cook for 15-20 minutes, then let rest for 10 minutes before cutting.

ENJOY!! ENJOY!!



PET HEAVEN:

God turns to the dog and says *"The Book of Life indicates that you have been a very good boy. But tell me, in your own words, what are your ultimate principles? What do you believe in?"*

The dog says *"I believe in loyalty, companionship, and love. I have been a cherished part of my owner's family for many years."*

God smiles. *"Truly, you have a pure and loving heart. You shall sit at my right hand."*

He then turns to the parakeet. *"What do you believe in?"*

"I believe in color, flamboyance, and music," the parakeet says. *"For many years I have displayed my beautiful feathers and filled my owner's house with song."*

"Your beauty is truly magnificent," God says. *"And your song shall echo through the universe. You shall sit at my left."*

God finally turns to the house cat. *"And you, majestic little predator, what do you believe in?"*

The cat lazily surveys God's throne and says, *"I believe you are in my seat."*

*Canadian Poem*

*It's Winter here in Canada ...
And the gentle breezes blow,
Seventy miles an hour,
At twenty five degrees below.*

*Oh, how I love Canada ,
When the snow's up to your butt,
You take a breath of Winter
And your nose gets frozen shut.*

*Yes, the weather here is
wonderful,
So I guess I'll hang around,
I never could leave Canada*

'Cuz I'm frozen to the ground!!!

author unknown

CANADA



We are not Americans. Not everyone lives in an Igloo. We do not bathe in maple syrup, but if we could we would. It's not winter 12 months a year. We have a goose named after us. It's okay to say "EH". Not everyone has a pet polar bear. We think the mounties's uniform is stylish. The beaver is a cherished animal. The best country in the world since 1867.

LOVE CANADA

THE SACK LUNCHES

I put my carry-on in the luggage compartment and sat down in my assigned seat. It was going to be a long flight. *'I'm glad I have a good book to read Perhaps I will get a short nap,'* I thought.

Just before take-off, a line of soldiers came down the aisle and filled all the vacant seats, totally surrounding me. I decided to start a conversation. *'Where are you headed?'* I asked the soldier seated nearest to me.

'Petawawa. We'll be there for two weeks for special training, and then we're being deployed to Afghanistan'

After flying for about an hour, an announcement was made that sack lunches were available for five dollars. It would be several hours before we reached the east, and I quickly decided a lunch would help pass the time.

As I reached for my wallet, I overheard soldier ask his buddy if he planned to buy lunch. *'No, that seems like a lot of money for just a sack lunch. Probably wouldn't be worth five bucks. I'll wait till we get to base'*

His friend agreed.

I looked around at the other soldiers. None were buying lunch. I walked to the back of the plane and handed the flight attendant a fifty dollar bill. *'Take a lunch to all those soldiers.'* She grabbed my arms and squeezed tightly. Her eyes wet with tears, she thanked me. *'My son was a soldier in Iraq ; it's almost like you are doing it for him.'*

Picking up ten sacks, she headed up the aisle to where the soldiers were seated.

She stopped at my seat and asked, *'Which do you like best - beef or chicken?'*

'Chicken,' I replied, wondering why she asked. She turned and went to the front of plane, returning a minute later with a dinner plate from first class. *'This is your thanks.'*

After we finished eating, I went again to the back of the plane, heading for the rest room. A man stopped me. *'I saw what you did. I want to be part of it. Here, take this.'* He handed me twenty-five dollars.

Soon after I returned to my seat, I saw the Flight Captain coming down the aisle, looking at the aisle numbers as he walked, I hoped he was not looking for me, but noticed he was looking at the numbers only on my side of the plane. When he got to my row he stopped, smiled, held out his hand, and said, *'I want to shake your hand.'*

Quickly unfastening my seatbelt I stood and took the Captain's hand. With a booming voice he said, *'I was a soldier and I was a military pilot. Once, someone bought me a lunch. It was an act of kindness I never forgot.'* I was embarrassed when applause was heard from all of the passengers.

Later I walked to the front of the plane so I could stretch my legs. A man who was seated about six rows in front of me reached out his hand, wanting to shake mine. He left another twenty-five dollars in my palm.

When we landed I gathered my belongings and started to deplane. Waiting just inside the airplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word. Another twenty-five dollars!

Upon entering the terminal, I saw the soldiers gathering for their trip to the

base. I walked over to them and handed them seventy-five dollars. *'It will take you some time to reach the base. It will be about time for a sandwich. God Bless You.'*

Ten young men left that flight feeling the love and respect of their fellow travelers. As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for our country. I could only give them a couple of meals.

It seemed so little...

A veteran is someone who, at one point in his life, wrote a blank check made payable to *'Canada for an amount of 'up to and including my life.'*

That is Honor, and there are way too many people in this country who no longer understand it.'

May God give you the strength and courage to pass this along

THOUGHTS TO PONDER . . .

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

Ah, being young is beautiful, but being old is comfortable.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft.

Today, it's called golf!!

A CALM & COOL GRANDPA . .



A woman is in a grocery store and happens upon a grandpa and his poorly behaving 3 year old grandson at every turn. It's obvious gramps has his hands full with the kid screaming for candy in the candy aisle, cookies in the cookie aisle; same for fruit, cereal and soda. Meanwhile gramps is working his way around saying in a controlled voice, *'easy Albert, we won't be long, easy boy'*.

Another outburst and she hears gramps calmly say, *'it's OK Albert, just a couple more minutes and we'll be outta here, hang in there.'*

At the checkout, the little terror is throwing items from the cart and gramps again in a controlled voice is saying, *'Albert, Albert, relax buddy, don't get upset -- we'll be home in five minutes; stay cool, Albert'*.

Very impressed the woman goes up to gramps as he's loading the kid and the groceries into the car and says, *'You know sir, it's none of my business, but you were amazing in there. I don't know how you did it. The whole time you kept your composure and no matter how loud and disruptive he got, you just calmly kept saying things would be OK. Albert is very lucky to have you for his grandpa'*.

'Thanks, lady,' said gramps, 'but I'm Albert -- the little monster's name is Johnny'



10 WEIRD THINGS YOU DIDN'T KNOW ABOUT CANADA



1. There Are A Lot Of Friggin' Snakes In Winnipeg

The Narcisse Snake Dens Conservation Area in Winnipeg houses tens of thousands of garter snakes each spring (mid-April to early May). There's even viewing platforms so you can watch from afar, but like, who would want to watch something like this?

2. We Are Prepared For The Arrival Of Aliens

For some odd reason a UFO landing pad was built in St. Paul, Alberta in 1967. This was the first UFO landing pad to be built in the world, and was put together thanks to the town of St. Paul. I guess it never hurts to be prepared?

3. Even Polar Bears Can Get Sent To Prison In Manitoba

In the remote Churchill Manitoba, the world's only polar bear prison, keeps the town safe from the bears breaking into their homes in search of food. The number of polar bears that pass through this town at times can outnumber the amount of humans living in it. So the solution was to build a prison to teach these bears whose boss and prevent them from returning into town. Don't ask how this is humane or legal, but maybe anything goes in Churchill?

4. Canada Consumes More Mac & Cheese Than Any Other Country In The World

Is there really much more to say about this then we love our fake orange cheese and conveniently cheap dinners?

5. The World Can Thank Us For Electric Wheelchairs

Yes, the electric wheelchair was a brilliant invention by a Canadian. George Klein developed the electric wheelchair to assist injured veterans in World War II.

6. We Are Pretty Smart

Canada is ranked to be the most educated country in the world, more than half of all adults in our country have post-secondary education of some sort. On top of that, we've somehow managed to be a world leader in education without being a leader in education spending; I guess we're doing something right!

7. Santa Claus Is Actually From Canada

Our post office receives millions of letters for Santa during the Christmas season, and "Mrs. Claus" responds to every single one! Canada claimed the address of Santa Claus, North Pole, H0H0H0, so North Pole or not, Santa is Canadian. In fact, The Citizenship and Immigration Minister declared that Santa Claus is officially Canadian.

8. The Netherlands Loves To Shower Us In Tulips

In 1945 the Dutch sent Ottawa 100,000 tulip bulbs as a "thank you" for keeping a Dutch Princess and her kids safe during the Nazi occupation of the Netherlands in the Second World War. We even declared

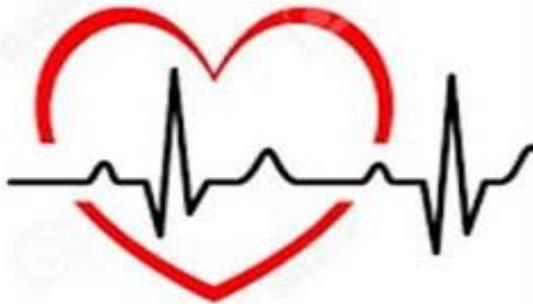
the maternity ward in the Ottawa Civic Hospital an official temporary part of international territory so that the Princesses daughter could be born in no country and inherit only a Dutch citizenship. Since then, we constantly get tulips from the Dutch, hence the Canadian Tulip Festival in Ottawa in May.

9. We love our donuts

Canada has more donut shops per capita than anywhere else in the world. What more could anyone really need?

10. We are fully responsible for Hawaiian pizza

Yep, a Canadian invented Hawaiian pizza. This pizza creation comes from Sam Panopoulos who lives in London, Ontario. He was the first to make this masterpiece at his restaurant in Chatham back in 1962. So no, you can't thank the people of Honolulu or Maui for this brilliant invention.



Remember . . . FEBRUARY is our Heart and Stroke Month. Be alert and aware!!

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

TRAFFIC STOP . . .

Two prostitutes were riding around town with a sign on top of their car which said: *'Two Prostitutes -- \$50.00.'*

A policeman, seeing the sign, stopped them and told them they'd either have to remove the sign or go to jail.

Just at that time, another car passed with a sign saying: *'JESUS SAVES.'*

One of the girls asked the officer, *'How come you don't stop them?!'*

'Well, that' s a little different,' the officer smiled . . . *'Their sign pertains to religion.'*

So the two ladies of the night frowned as they took their sign down and drove off.

The following day found the same police officer in the area when he noticed the two ladies driving around with a large sign on their car again.

Figuring he had an easy arrest, he began to catch up with them when he noticed the new sign which now read:

'Two Fallen Angels Seeking Peter -- \$50.'

" We have only one regret at our age"



*- and that's all the sins
we didn't commit."*

THE WHALE...

If you read a front page story of the San Francisco Chronicle back in 2010, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help.

Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her.

When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around as she was thanking them. Some said it was the most incredibly beautiful experience of their lives.

The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you.

And, may you always know the joy of giving and receiving gratitude. I pass this on to you, my friends, in the same spirit.~

May we always be as thankful for our blessings and for those who walk in and out of our lives.

FROM YOUR EDITOR MARDI . . .



Here we are well into our new year 2020! Wishing our new President Jan Holt and her Executive a very successful year filled with awesome moments as well as full dedication to our loyal Veterans.

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!!

I have re-issued a few stories in this February Buzz but in so doing feel they are fully warranted of a repeat.

As always my wish for you, our loyal Buzz readers, is to stay healthy, stay happy and do remember to give hugs to your family and friends as by giving that simple hug you show them how very much they mean to you!!

Until the next issue I am sending much love and many hugs your way from GiGi and I. Also do remember that it is our Heart and Stroke Awareness month.

**Your Editor
MARDI**

