

# THE BUZZ



# THE BUZZ



## YOUR PRESIDENT'S REPORT

Hello Comrades and Friends,

I hope this issue finds you all doing well and keeping in good spirits.

It seems like summer has finally arrived with temperatures reaching into the high 20's through the last week of July and continuing into August, it's a good time to get out and enjoy the great outdoors. Whether you are exploring the local scene or travelling a little further afield, be respectful and follow the guidelines that are currently in place so everyone can stay safe and enjoy the summer.

I'm hoping we can arrange to have a General Meeting in September if the Fraser Health allows private events of 50 people, we might be able to have our meeting. This being said I would like to honour the Comrades 2020 Anniversaries:

**35 years** – Comrade Jim McNeil

**30 years** – Comrade Gordy Woodrow

**10 years** – Comrades Sheryl Calvert, Darlene Ludwig, Rose Rietveld, Bill Ritchie, and Lynne Wonnacott.

**5 years** – Comrades Bobbi and Ken Cameron, and Leslie Leppky.

Congratulations to all of you and thank you for your continued years of service to our East Vancouver Unit #68. I will present the pins at our meeting, and if we cannot arrange the meeting then I will mail your years of service pins.

Stay Safe.

*Shoulder to Shoulder*

Fraternally Yours,

**Jan Holt**

**President,**

**East Vancouver Unit #68**

[anavet68@yahoo.com](mailto:anavet68@yahoo.com)



## AUGUST NEWS FROM YOUR HONOURARY PRESIDENT



Comrades:

It's been a controversial year, starting with the Corona Virus, Black Lives Matter and now Police brutality. This subject is close to my heart as I have a son-in law who is a Police Sargent, a granddaughter who 2 years ago became a Police officer and my sister worked for the Niagara Police Dept. If we want a society that respects everyone, then we need a major re-think because 99% of law enforcement are good cops. Why are cops expected to be mental health responders and why are cops expected to be social workers, along with many other unrelated crime duties.

Nobody would expect the police to respond when a person has a heart attack, we call an ambulance and have professional medical responders handle the situation. Yes there have been a long list of Canadians killed at the hands of police but that maybe 1% and referred to as bad apples is no reason to defund our police departments. Police are not trained in crises care and should not be expected to lead this critical work.

The Ontario Registered Nurses' Association encourages the Government to fund mental-health teams as first responders to do wellness checks, not police. They have the knowledge and skills that can de-escalate situations and offer support and understanding for people in desperate need, instead we use excessive power and in some cases raw brutality by a very few.

In my opinion, we need to make the necessary investments to insure people

get the proper support they need. People that are professional, not our dedicated police officers.

**Fraternally Yours  
Bob Rietveld,  
Honorary President Unit #68**

**Life is an opportunity,  
benefit from it.  
Life is beauty, admire it.  
Life is a dream, realize it.  
Life is a challenge, meet it.  
Life is a duty, complete it.  
Life is a game, play it.  
Life is a promise, fulfill it.  
Life is sorrow, overcome it.  
Life is a song, sing it.  
Life is a struggle, accept it.  
Life is a tragedy,  
confront it.  
Life is an adventure, dare it.  
Life is luck, make it.  
Life is life, fight for it."**



## SAD NEWS . . .

Comrades All::

It is with great sadness that we inform you of the passing of Robert Wayne Horkoff on Sunday, July 26, 2020.

Comrade Robert Horkoff was 1st Vice President of Dominion Command of the Army, Navy and Air Force Veterans in Canada, and a Director of the ANAVETS Senior Citizens' Housing Society.

Comrade Horkoff joined Penticton Unit 97 in 1999. In 2002 he was elected to the Unit 97 Executive, serving as Unit President in 2003, 2005 and 2006.

In 2007 Robert was elected to the B.C. Provincial Command Board and in 2008 elected 7th Vice President of Dominion Command.

Comrade Horkoff was awarded the American Legion Friendship Award in 2008, Life Membership in 2014 and Order for Service in 2017.

Comrade Robert Horkoff was slated to be inducted as the Dominion President of ANAVETS on September 1, 2020.

He will be dearly missed, not only by his immediate family, but by many friends, colleagues and ANAVETS Members from across British Columbia and Canada.

Survived by wife Brigitte and son Alan (Jessica).

Bill Ritchie  
Past President  
Unit 68



## AS I GET OLDER I REALIZE:

1. I talk to myself because sometimes I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management. I need people to stop pissing me off.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. The biggest lie I tell myself is, "I don't need to write that down, I'll remember it."
6. When I was a child I thought naptime was punishment. Now it's like a mini-vacation.
7. The day the world runs out of wine is just too terrible to think about.
8. Even duct tape can't fix stupid, but it can muffle the sound.
9. Wouldn't it be great if we could put ourselves in the dryer for 10 minutes; come out wrinkle-free and three sizes smaller?
10. 'Getting Lucky' means walking into a room and remembering why I'm there.



## **Causes of: MENTAL CONFUSION IN THE THIRD AGE**

.....By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 50 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations,

angina (chest pain), coma and even death.

This forgetting to drink fluids begins at age 50, when we have just over 50% of the water we should have in our bodies. People over 50 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

### **Conclusion:**

People over 50 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 50 may look healthy, the performance of reactions and chemical functions can damage their entire body.

### **So here are two alerts:**

1) \* Get into the habit of drinking liquids \*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches, and pineapple; Orange and tangerine also work.

The important thing is that every two hours, you must drink some liquid. Remember this!

2) Alert for family members: constantly offer fluids to people over 50. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

*Arnaldo Liechtenstein (46), a physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).*

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*"My sister's expecting a baby, and I don't  
know if I'm going to be an uncle or an  
aunt."*

--Chuck Nevitt, North Carolina State  
basketball player, explaining to Coach Jim  
Valvano why he appeared nervous at  
practice, 1982.

**ANAF UNIT #68  
MEMBERSHIP . .**



Do you have your Membership for 2020?

**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 Jan Holt  
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 AUGUST Celebrants!**

Ron Rennie

Lynne Wonnacott

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



## REMINISCING WITH RON 'ANDY CAPP' ROBINSON ..

**Editor's Note:** Ronnie wrote this article for our August 2007 BUZZ!! His filing cabinet was stuffed full of important data! ENJOY!

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Material for this month's 'Reminiscing' column comes from my official ANAVET filing cabinet (which is really just an old cardboard box filled with hundreds of articles, newspaper clippings, and stories that I've kept for years.)

Looking back I get memories of those wonderful Unit #26 picnics. One such picnic held at Bear Creek Park had over 300 attending – 25 from one family. The family? Of course it was the Reid family. They were often called the 'Royal Family of Unit 26'. Through all these years I can't remember a time when there hasn't been a member of the Reid family actively involved in our club. Their mother, Eva (better known to most of us as 'Ma Reid') was selling scratch and pull-tab tickets in our clubrooms and selling poppies out in the freezing cold when she was over 90 years old. Ma had a very large family. I personally got to know only a few of them. Two of her boys, Wally and Bob, served on our executive. Bob and myself attended many conventions together. Bob was what you may call a 'workhorse' for our club. Daughter Babs is still a constant visitor to the unit. She usually sits with the girls at the first table near the front entrance most Fridays. Incidentally, Babs' son, Jon Cain, followed the Reid family tradition by serving as a hard-working Unit #26 executive member. Ma Reid died at the age of 104, one week short of her 105<sup>th</sup> birthday.

Now for a different story. I can't remember how many times I've been asked to explain

the story concerning that playing card on our ceiling (above the same table I just mentioned.) So, here goes . . . it was over seven years ago and a magician was attending a party down in the Andy Capp Room and he came upstairs to have a beer. He sat with Norm Briscoe and some of Norm's friends. A woman at the table pressured the visiting magician to do a trick for them. The magician pulled out an ordinary deck of cards and asked someone at the table to shuffle them. Then he asked the woman to take a card from the deck and show everyone the card. It was the 8 of spades. He then asked her to place the card back in the deck, then had Norm shuffle the cards. "L o o k t h e m a g i c i a n told everyone at the table. A card was stuck on the ceiling above them. It was the 8 of spades. Rumor has gone around the club for years that when we had the ceiling painted we asked the painters to paint around the card. Sorry, there's no truth to that story. Our ceiling was painted years before the magic trick. Look up! The card is still there!

Also another gem from my filing cabinet is an item concerning my big brother Bruce Robinson. He was well known as one of our club's characters. On July 20<sup>th</sup>, 1964, Bruce was out at Hastings Park Race track and decided to make what he called his 'Unit 26' bet on the Quinella. He picked horses 2 & 6 and also noted that the two jockeys had the same names as two of our popular members, Lindsay and Miller. Bruce bet his two dollars and he won. The Quinella paid him \$257.00. Story has it that most of the \$257.00 went on beer to help most of his best friends up in the club who were all dying from thirst!

A few other items from my filing cabinet . . . Unit #26 is built on the highest place on Fraser Street between Marine Drive and Broadway. In 1984 I presented our Padre, Dennis Morgan with a skateboard so he could carry out his duties in a quicker fashion.

Our Unit 26 clubrooms have appeared in two motion pictures – 'Frankenstein at War' and 'The Frump Murder'.

In 1962, a Rod and Gun Club was formed in Unit 26 by Com. Fred Abney. It began with 6 members and soon had over 100 members making it the second largest Rod and Gun Club in B.C.

In 1964 Unit 26 had over 1600 paid-up members.

I'm often asked why I don't write a book about our club. "N e v e is" the answer because years ago I made a deal with the library down on Fraser. I told them that if they don't sell beer, we won't carry books.

We are the only ANAVET club in Canada that houses two units, Unit 26 and Unit 68.

If you're still awake, I would just like to tell you – that's all until next month

*Forever in our Memories*

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## HUMOUR IS THE BEST MEDICINE . . . .

An old physician, Doctor Gordon Geezer, became very bored in retirement and decided to re-open a medical clinic.

He put a sign up outside that said: "*Dr. Geezer's Clinic . Get your treatment for \$500 - if not cured, get back \$1,000.*"

Doctor Digger Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic

Dr Young : "*Dr. Geezer, I have lost all taste in my mouth. Can you please help me?*"

Dr Geezer: "*Nurse, please bring medicine from the box 22 and put 3 drops in Dr. Young's mouth.*"

Dr Young : '*Aaagh! -- This is Gasoline!*'

Dr Geezer : "*Congratulations ! You've got your taste back. That will be \$500.*"

Dr Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "*I have lost my memory, I cannot remember anything.*"

Dr Geezer: "*Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth.*"

Dr Young: "*Oh, no you don't -- that is Gasoline!*"

Dr Geezer: "*Congratulations! You've got your memory back. That will be \$500.*"

Dr Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr Young: "*My eyesight has become weak --- I can hardly see anything!*"

Dr Geezer: "*Well, I don't have any medicine for that so, "Here's your \$1000 back" (giving him a \$10 bill).*"

Dr Young: "*But this is only \$10!*"

Dr Geezer: "*Congratulations! You got your vision back! That will be \$500.*"

**\* Moral of story \*** -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer".

**\*Remember:\*** Don't make old people mad. They don't like being old in the first place, so it doesn't take much to piss them off.

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Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

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## **A Good Laugh for Old Geezers . . .**

### **FOR THOSE OF US WHO REMEMBER!!!**

*These great questions and answers are from the days when Hollywood Squares' game show responses were spontaneous, not scripted, as they are now!*

**Q. Paul, what is a good reason for pounding meat?**

**A. Paul Lynde: Loneliness!**  
*(The audience laughed so long and so hard it took up almost 15 minutes of the show!)*

**Q. Do female frogs croak?**

**A. Paul Lynde: If you hold their little heads under water long enough.**

**Q. If you're going to make a parachute jump, at least how high should you be**

**A. Charley Weaver: Three days of steady drinking should do it.**

**Q. True or False, a pea can last as long as 5,000 years...**

**A. George Gobel: Boy, it sure seems that way sometimes.**

**Q. You've been having trouble going to sleep. Are you probably a man or a woman?**

**A. Don Knotts: That's what's been keeping me awake.**

**Q. According to Cosmopolitan, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?**

**A.. Rose Marie: No, wait until morning.**

**Q. Which of your five senses tends to diminish as you get older?**

**A. Charley Weaver: My sense of decency.**

**Q. What are 'Do It,' 'I Can Help,' and 'I Can't Get Enough'?**

**A. George Gobel: I don't know, but it's coming from the next apartment.**

**Q. As you grow older, do you tend to gesture more or less with your hands while talking?**

**A. Rose Marie: You ask me one more growing old question Peter, and I'll give you a gesture you'll never forget.**

**Q. Paul, why do Hell's Angels (rough/tough bikers) wear leather?**

**A. Paul Lynde: Because chiffon wrinkles too easily.**

**Q. Charley, you've just decided to grow strawberries. Are you going to get any during the first year?**

**A. Charley Weaver: Of course no, I'm too busy growing strawberries.**

**Q. In bowling, what's a perfect score?**

**A. Rose Marie: Ralph, the pin boy.**

**Q. During a tornado, are you safer in the bedroom or in the closet?**

**A. Rose Marie: Unfortunately Peter, I'm always safe in the bedroom.**

**Q. Can boys join the Camp Fire Girls?**

**A. Marty Allen: Only after lights out.**

**Q. When you pat a dog on its head he will wag his tail. What will a goose do?**

**A. Paul Lynde: Make him bark?**

**Q. If you were pregnant for two years, what would you give birth to?**

**A. Paul Lynde: Whatever it is, it would never be afraid of the dark.**

**Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?**

**A. Charley Weaver: It got me out of the army.**

**Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?**

**A. George Gobel: Get it in his mouth.**

Q. Who stays pregnant for a longer period of time, your wife or your elephant?

A. Paul Lynde: Who told you about my elephant?

Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they?

A. Charley Weaver: His feet.

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and laugh

**WE DON'T STOP LAUGHING  
BECAUSE WE GROW OLD, WE GROW  
OLD BECAUSE WE STOP LAUGHING**

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Every person  
needs a friend to make  
them laugh when they  
think they will never  
smile again.



## AN AWESOME IDEA . . .

Spotted in Yorkshire . . . .

There was a little coffee shop, where two people arrive and approach the counter. "Five coffees please. Two for us and three hanging." They paid, they took their two coffees and left.

I asked the waiter. "What's this a b hanging coffees?" "Wait and you'll see."

Some more people came in. Two girls asked for a coffee each, they paid & left.

The following order was for seven coffees and it was made by three women - 'three for them and four hanging coffees.'

I was left wondering...what is the meaning of the hanging coffees, they leave.

Suddenly, a man dressed in worn clothes, who looks like he might be homeless, arrives at the counter and asks sincerely. "Do you have a coffee hanging?"

"Yes ~~over~~" They serve him a coffee....

I got my answer on these famous "HANGING COFFEES" People pay in advance for a coffee that will be served to whoever can't afford a hot drink. This tradition started in Naples. Amazingly it's spread throughout the world's cities and towns. It's also possible

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The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis, and he stayed drunk.

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## A FEW HANDY HINTS FOR YOU and FOR YOUR HOUSEHOLD



### Let's explore the great uses for BAKING SODA IN THE GARDEN . . .

#### Deter Ants, Roaches, Slugs, and Other Garden Pests

Whether it's ants, slugs, roaches, or some other kind of garden pest that's driving you nuts this season, you may want to consider using baking soda.

Simply sprinkle some on your garden – or at least around the perimeter – using a flour sifter it will keep all of these pests at bay. Just make sure you stay away from your plants!

#### *Freshen Up Potted Plants*

Before transplanting flowers or other kinds of plants into pots, coat the bottom of the container with a layer of baking soda. Add your soil and plants. This method will help prevent plant death and unnecessary wilting.

#### Sweeten Tomatoes

There's nothing that says summer quite like biting into a fresh, juicy tomato fresh from the garden. Baking soda can make those tomatoes even sweeter! Just sprinkle a bit on the soil that surrounds the tomato plants.

It will lower the acidity levels and make your tomatoes taste ten times better. Just try not to get any on the plants themselves.

#### Banish Sap-Sucking Pests

Both aphids and spider mites are incredibly aggravating garden pests to deal with – and they can kill your plants. Aphids and spider mites alike suck nutrients and moisture out of the leaves of your plants, for instance, completely depleting them of their nutrients.

Use baking soda to deter them. Simply combine two cups of water with  $\frac{2}{3}$  cup of olive oil and a teaspoon of baking soda. Mix the combination in a spray bottle, then apply it to your plants. These annoying pests will be gone in no time.

#### *Stop an Ant Infestation*

If anthills are everywhere you go in the garden, you may want to add some baking soda. Simply combine five teaspoons of baking soda along with five teaspoons of sugar and a bit of water.

The ants will be drawn to the sugar and will eat it – but the baking soda will kill them. You can pour this mixture on any anthills you find among your plants. If you have ants in your home you can use this recipe to get rid of them.

#### Perk up Your Plants

Plants looking a bit listless? Try watering them with a gallon of pure, filtered water, a teaspoon of baking soda, a teaspoon of Epsom salts, and half a teaspoon of ammonia. They'll be looking healthier in no time!

For regular maintenance, you can do this as often as once a month – roses, in particular, love this kind of TLC.

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### **Kill Weeds**

Weeds have you feeling glum about your garden? You can easily get rid of them with the help of baking soda. Just pour some baking soda into cracks where weeds are appearing.

It Will kill new weeds that have just sprouted and prevent new ones from appearing, too.

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### **Freshen Cut Flowers**

When you bring your blooms inside, it's inevitable that they're going to die back eventually. However, you can keep them looking gorgeous for longer if you add a tablespoon of baking soda to a couple of quarts of water.

Change the solution every day, and you'll likely find that your flowers stay fresh twice as long as they used to.

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### **Wipe Down Your Houseplants**

Baking soda is even beneficial for houseplants. If there are any large plants inside that have a tendency to gather grime and dust, you may want to start using baking soda.

Dab a bit of baking soda on the plants, along with some warm water, and you'll find that your plants are as good as new in no time.

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### **Scrub Dirty Tools**

As you probably already know, baking soda is an abrasive material that works

wonders at getting rid of caustic stains. If you have tools that remain grimy no matter how often you rinse them, consider giving them a good scrub down with baking soda.

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### **Brighten Your Flower Blossoms**

Certain kinds of flowers really thrive in alkaline soil. If you're trying to push the soil in that direction, you may want to mix a bit of baking soda into the watering can. When your plants finally bloom, the flowers will look brighter and healthier than normal. Pro tip: fill your garden with perennial flowers for an effortless endless flower garden that renews year by year.

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### **Clean Your Hands**

If your hands are looking grainy after a day spent working in the garden, you can use baking soda to polish them right up. Simply rub your hands and scrub them (while wet) with baking soda. Then rinse. If you want to really get things clean, add a bit of vinegar. The mixture will loosen up anything that might be stuck on! It's a natural deodorizer, too, so it will make your hands smell better after you've scrubbed.

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### **What to Know About Using Baking Soda in the Garden**

Baking soda is one of the most effective tools you have in your toolbox as a gardener. It causes very little harm to plants and may even be beneficial for improving their long term health. However, before adding baking soda to any section of your garden, you might want to test it out in small batches first. That way, you won't have to worry about it harming your plants. Otherwise, baking soda is a valuable addition to any garden – no matter what kind of need you might have, baking soda likely offers the perfect solution

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



**VEGGIE LASAGNA STUFFED  
PORTOBELLO MUSHROOMS**

Portobello mushrooms stuffed with spinach, bell peppers, cheese and marinara sauce – a delicious meatless meal that's low-carb and pretty genius



**INGREDIENTS**

- < 1 teaspoon olive oil
- < 2 loose cups baby spinach, chopped
- < 3 cloves chopped garlic
- < 1/3 cup chopped onion
- < 1/3 cup chopped red bell pepper
- < kosher salt
- < 3/4 cup part skim ricotta
- < 1/2 cup grated parmesan cheese
- < 1 large egg
- < 4 large basil leaves, chopped
- < 4 large portobella mushroom caps
- < 1/2 cup marinara sauce
- < 1/2 cup part skim shredded mozzarella

**DIRECTIONS**

1. Preheat the oven to 400F. Spray a baking sheet with oil.

2. Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with 1/8 tsp salt and fresh pepper.
3. Heat a large nonstick saute pan over medium heat, add oil, onion, garlic and red pepper and season with 1/8 tsp salt. Cook until soft, 3 to 4 minutes. Add the baby spinach and saute until wilted, about 1 minute.
4. In a medium bowl add the ricotta, parmesan cheese and egg, mix well.
5. Add the cooked vegetables and basil and mix.
6. Stuff the mushrooms with ricotta mixture and top each with 2 tbsp marinara, 2 tbsp mozzarella.
7. Bake in the oven for 20 to 25 minutes. Garnish with basil and enjoy!

**ENJOY!! ENJOY!!**

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**And we feature this month a  
guest comrade's recipe from  
Laura of Unit 100 . . .**

**TOMATO SOUP CAKE**

**INGREDIENTS**

- 1/3 Cup Shortening
- 1 Cup White Sugar
- 1 Can Tomato Soup
- 1 Tsp. Baking Soda
- 1 1/2 Cup Flour
- 1 Tsp. Cinnamon
- 1/2 Tsp. Cloves
- 1 Cup Raisins
- 1 Well Beaten Egg

**DIRECTIONS**

- < Cream Sugar & Shortening & Egg.
- < Dissolve Baking Soda in Soup & Add to mixture.
- < Add Flour sifted with Spices;
- < Add Raisins & mix thoroughly.
- < Bake 1 hour in preheated oven at 325 degrees Fahrenheit.

**MORE YUM with thanks to Laura**

## Love is a many-splendored thing!

A woman, cross because her husband was late coming home again, decided to leave a note, saying, *"I've had enough and have left you...don't bother coming after me"*

Then she hid under the bed to see his reaction .

After a short while the husband comes home and she could hear him in the kitchen before he comes into the bedroom.

She could see him walk towards the dresser and pick up the note.

After a few minutes he wrote something on it before picking up the phone and calling someone.

*"She's finally gone...yeah I know, about bloody time, I'm coming to see you, put on that sexy french nightie. I love you...can't wait to see you...we'll do all the naughty things you like."*

He hung up, grabbed his keys and left.

She heard the car drive off as she came out from under the bed.

Seething with rage and with tears in her eyes she grabbed the note to see what he wrote...

*"I can see your feet. We're outta bread: be back in five minutes."*

**DOES ANYONE KNOW  
WHICH PAGE OF THE  
BIBLE EXPLAINS HOW TO  
TURN WATER INTO WINE?**

**ASKING FOR A FRIEND.**

## EXPLICIT SIGNAGE

Over a gynecologist's office: *"Dr. Jones, at your cervix."*

On a Plumber's truck: *"We repair what your husband fixed."*

At a drycleaners: *"Drop your pants here."*

On the trucks of a local plumbing company in NE Pennsylvania: *"Don't sleep with a drip. Call your plumber."*

Pizza shop slogan: *"7 days without pizza makes one weak."*

Outside a muffler shop: *"No appointment necessary. We hear you coming."*

In a veterinarian's waiting room: *"Be back in 5 minutes. Sit! Stay!"*

Door of a plastic surgeon's office: *"Hello. Can we pick your nose?"*

On an electrician's truck: *"Let us remove your shorts."*

In a non-smoking area: *"If we see smoke, we will assume you are on fire and take appropriate action."*

On a maternity room door: *"Push. Push. Push."*

At an optometrist's office: *"If you don't see what you're looking for, you've come to the right place."*

In the front yard of a funeral home: *"Drive carefully. We'll wait."*

I can't understand why women are okay that JC Penney has an older women's clothing line named, "*Sag Harbor*."

## RING! RING!

A photographer on vacation was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read '\$10,000 per call'.

The American, being intrigued, asked a priest who was strolling by what the telephone was used for.

The priest replied that it was a direct line to heaven and that for \$10,000 you could talk to God.

The American thanked the priest and went along his way.

Next stop was in Atlanta . There, at a very large cathedral, he saw the same golden telephone with the same sign under it.

He wondered if this was the same kind of telephone he saw in Orlando and he asked a nearby nun what its purpose was.

She told him that it was a direct line to heaven and that for \$10,000 he could talk to God.

'O.K., thank you,' said the American.

He then traveled to Indianapolis, Washington DC, Philadelphia, Boston and New York.

In every church he saw the same golden telephone

With the same '\$10,000 per call' sign under it.

The American, upon leaving Vermont decided to travel up to Canada to see if Canadians had the same phone.

He arrived in Canada, and again, in the first church he entered, there was the same golden telephone, but this time the sign under it read '*40 cents per call.*'

The American was surprised so he asked the priest about the sign. 'Father, I've traveled all over America and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but in the US the price was \$10,000 per call.

Why is it so cheap here?'

The priest smiled and answered, '*You're in Canada now, son ... it's a local call.*'

## KEEP SMILING!!



## SOCIAL DISTANCING



Keep 6 glasses and an empty bottle between you and others.

## YESTERDAY WHEN I WAS YOUNG

Yesterday, when I was young  
The taste of life was sweet  
Like rain upon my tongue  
I teased at life as if  
It were a foolish game  
The way an evening breeze  
Would tease a candle flame  
The thousand dreams I dreamed  
The splendid things I planned  
I always built to last  
On weak and shifting sand  
I lived by night and shunned  
The naked light of day  
And only now I see  
How the years have run away

Yesterday, when I was young  
There were so many songs  
That waited to be sung  
So many wild pleasures  
That lay in store for me  
And so much pain my dazzled eyes  
refused to see  
I ran so fast that time  
And youth at last ran out  
I never stopped to think  
What life was all about  
And every conversation That I can  
recall  
Concerns itself with me  
And nothing else at all

Yesterday, the moon was blue  
And every crazy day  
Brought something new to do  
And I used my magic age  
As if it were a wand  
And never saw the waste  
And emptiness beyond  
The game of love I played  
With arrogance and pride  
And every flame I lit  
So quickly, quickly died

The friends I made all seemed  
Somehow to drift away  
And only I am left  
On stage to end the play

Yesterday, when I was young  
There were so many songs  
That waited to be sung  
So many wild pleasures  
That lay in store for me  
And so much pain my dazzled eyes  
refused to see  
There are so many songs in me that  
won't be sung  
I feel the bitter taste  
Of tears upon my tongue  
And The time has come for me  
To pay for yesterday  
When I was young.



Source: [Musixmatch](#)  
Songwriters: Herbert Kretzmer /  
Charles Aznavour



## LAUGHTER IS SO GOOD FOR THE SOUL . . . .

One day, an immigrant from Poland entered a New York City Police Precinct to report that his American wife was planning to kill him. The police officer on duty was intrigued by this, and he asked, *"How sure are ya that she is gonna kill ya? Did she threaten to kill ya?"*

*"No,"* replied the nervous immigrant.

*"Did ya hear her tell someone else that she's gonna kill ya?"*

*"No."*

*"Did someone tell ya that your wife is gonna kill ya?"*

*"No."*

*"Then why in God's name did ya think she's gonna kill ya?"* asked the exasperated police officer.

*"Because I found bottle on dresser and I think she gonna poison me!"*

He handed the police officer the suspect bottle. The police officer took one look at the label on the bottle and started to laugh out loud.

The immigrant became indignant and said, *"What's so funny? Can't you see the label on bottle says 'Polish Remover'?"*

RESPECT the elderly when you're YOUNG  
HELP the weak when you're STRONG  
ADMIT your mistakes when you're  
WRONG.

Because one day, you will grow  
OLD, become WEAK and expect others  
to show you some RESPECT.

## SENIOR WEDDING

Jacob, age 92, and Mary, age 89, living in Fort Myers, are all excited about their decision to get married.

They go for a stroll to discuss the wedding, and on the way they pass a drugstore.

Jacob suggests they go in. Jacob addresses the man behind the counter: *"Are you the owner?"*

The pharmacist answers, *"Yes."*

Jacob: *"We're about to get married. Do you sell heart medication?"*

Pharmacist: *"Of course we do."*

Jacob: *"How about medicine for circulation?"*

Pharmacist: *"All kinds."*

Jacob: *"Medicine for rheumatism?"*

Pharmacist: *"Definitely."*

Jacob: *"How about suppositories and medicine for impotence?"*

Pharmacist: *"You bet!"*

Jacob: *"Medicine for memory problems, arthritis and Alzheimer's?"*

Pharmacist: *"Yes, a large variety. The works."*

Jacob: *"What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"*

Pharmacist: *"Absolutely."*

Jacob: *"Everything for heartburn and indigestion?"* Pharmacist: *"We sure do."*

Jacob: *"You sell wheelchairs and walkers and canes?"*

Pharmacist: *"All speeds and sizes."*

Jacob: *"Adult diapers?"*

Pharmacist: *"Sure, how can I help you?"*

Jacob: *"We'd like to use this store as our Bridal Registry."*

### KID HUMOUR . . .

A little boy and girl are playing in a sandbox. The little boy has to go to take a pee and he was told by his mother to always be polite and don't talk about private matters in public.

At first he holds it in for a little while because he does not know what to say to the little girl to excuse himself. Then he remembers what his Mom had said at the restaurant to excuse herself from the table. So he turns to the little girl and says "*Will you excuse me I have to go powder my nose.*" And saying that he leaps out of the sandbox and runs to the washroom.

When he comes back the little girl looks up at him and asks, "*Did you powder your nose?*"

"Yes," said the little boy stepping back into the sandbox.

"*Well then,*" says the little girl, "*You'd better close your purse because your lipstick is hanging out.*"

Never boil corn again! Want to know the easiest way to cook corn on the cob? Throw it in the oven at 350 for 25-30 minutes. That's it. Leave the husk on, it will trap in the moisture, leaving you with juicy, tender corn. The husk and silk will peel away easily once its cooked. Cut off the large end and it slides right out with no silk. Bonus - keeps more of the nutrients in the corn (no boiling is best). Who Knew!



RARE PHOTO OF MOTHER WRENCH FEEDING HER YOUNG. ABSOLUTELY BREATHTAKING!



*"It is hard for me to understand a culture that not only hates and fights his brothers but even attacks Nature and abuses her. Man must love all creation or he will love none of it. Love is something you and I must have. We must have it because our spirit feeds upon it. Without love, our self esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. Instead we turn inwardly and begin to feed upon our own personalities and little by little we destroy ourselves."*

... Chief Dan George

## LET YOURSELF REST

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

If you don't feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster



*"I fall in love really quickly and this scares guys away. I'm like, 'I'm in love with you, I want to marry you, I want to move in with you!' And they're like, 'Ma'am, just give me the ten bucks for the pizza and I'm outta here.'"*

--Penny Wiggins

**Remember.**  
masks are like  
pants. If you're  
not wearing any,  
then you are  
exposing others  
to something  
they'd rather  
NOT deal with.



## FROM YOUR EDITOR MARDI . .



*It is wonderful news that our clubrooms are open once again but we must abide by all of the new rules. Together we will succeed . . . Be Strong and Stay Safe!!!!*

Our Special Thanks to a very good friend and comrade, Janice Graham, for our awesome Buzz cover this month. Janice is a Past President of Unit 26 and now a resident of Chase, B.C. She is also a very loyal Buzz reader!!

We continue to be very grateful to all of our front line workers for all of their loyal dedication to the task at hand. May they all stay safe!!

As I have said before - my wish for you, our loyal Buzz readers, is to stay healthy, stay six feet away from your friends and family but do remember to send them all 'air' hugs to let them know how very much you care about their health and well-being!!

I felt a profound sadness this past July thinking of all of the fun picnics we have enjoyed over the past years but were unable to enjoy this year!! Onward and upward to July of 2021!!!!

**TOGETHER WE CAN DO THIS!!  
THE BEST IS YET TO COME!!**

**Your Editor  
MARDI**

**SWEET**  
*Summer*  
**TIME**