

THE BUZZ



THE BUZZ



YOUR PRESIDENT REPORT

Hello Comrades and Friends,

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

We finally had our Annual General Meeting on Aug. 30, 2020 at Unit #100. 19 members attended the meeting and the minutes are being sent to all members.

Thank you to Unit 100 for giving us the venue for our meeting and supplying the coffee and tea.

Unit #100 is also celebrating this month World War II Veteran and Sgt. At Arms Agnes Keegan on the occasion of her 100th birthday with a small invitation only gathering. Agnes's birthday falls on Sept. 10th and as part of her special day, she plans on honouring those who fought in the Battle of Britain by going to Stanley Park in the morning. Even though the usual celebrations are cancelled because of the pandemic, Agnes still likes to attend in private. Happy Birthday Agnes!

With only a few weeks of summer still ahead of us, the weather man tells us we are going to have some more hot weather

for the beginning of September. Lets all enjoy it while it lasts, but stay safe and remember social distancing is the new 2020.

Shoulder to Shoulder

Fraternally Yours,

Jan Holt

President,

East Vancouver Unit #68

anavet68@yahoo.com





The BUZZ wishes a Very Special Lady and Comrade, Agnes Keegan a Very Happy and Special 100th Birthday!! Agnes, you look smashing! May you enjoy many, many more joyful years to come!



SEPTEMBER
NEWS
FROM YOUR
HONOURARY
PRESIDENT



Comrades:

Agnes Keegan celebrated her 100th birthday on September 10, 2020 so I thought it would be fitting to see the changes she has experienced in those 100 years.

In 1920 the average wage was \$.025 per hour and a good paying job earned you approximately \$650.00 per year, unfortunately women were paid 1/2 of men's wages. So what did that purchase?

Therefore Agnes's parents would pay \$3,500.00 for a new home. A gallon of gas was 12 cents, quart of milk 25 cents, dozen eggs 47 cents and if you could afford it a steak was 40 cents per lb. Going to a movie was 15 cents for children and a ladies hairstylist was \$5.00 for a bob cut which few women would pay. Luckily ladies would colour their finger nails with high gloss enamel car paint, since no one had invented nail polish. The 1st gramophone was invented that year and a new radio cost \$35.00. Henry Ford had the model T car (black only) for \$600 to \$1,400.00 depending on style. So by now you must realize what Agnes has witnesses in her 100 years.

In 1920 the League of Nations was formed following WW1. Babe Ruth was a pitcher for the Boston Red Sox and hadn't started his batting career until joining the Yankees in 1921. Women got the right to vote in the USA for the first time in a Presidential election. Although Agnes was too young to march in the 1st Armistice Day in 1920,

I was told she drove the meat wagon (ambulance) in England during WW11.

Sorry we couldn't be there for your big day Agnes but you were in our hearts.

So Happy Birthday my Friend and see you in September 2021.

Fraternally Yours
Bob Rietveld ,
Honor ary President Unit # 68

By [Linda Morency Gomes](#)

Dr Bonnie Henry is the head medical officer for BC and has helped to bring down the virus in the province , her advice below is worth noting She has been working with viruses for 20 years.

Below are Dr.. Bonnie Henry's Notes to all of us

1. We may have to live with C19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.
2. You can't destroy C19 viruses that have penetrated cell walls, by drinking gallons of hot water - you'll just go to the bathroom more often.
3. Washing hands and maintaining a two-metre physical distance is the best method for your protection.
4. If you don't have a C19 patient at home, there's no need to disinfect the surfaces at your house.
5. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.

6. C19 is not a food infection. It is associated with drops of infection like the 'flu. There is no demonstrated risk that C19 is transmitted by food.

7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of C19.

8. Once at home, you don't need to change your clothes urgently and go shower! Purity is a virtue, paranoia is not!

9. The C19 virus doesn't hang in the air for long. This is a respiratory droplet infection that requires close contact.

10. The air is clean, you can walk through the gardens and through parks (just keeping your physical protection distance).

11. It is sufficient to use normal soap against C19, not antibacterial soap. This is a virus, not a bacteria.

12. You don't have to worry about your food orders. But you can heat it all up in the microwave, if you wish.

13. The chances of bringing C19 home with your shoes is like being struck by lightning twice in a day. I've been working against viruses for 20 years — drop infections don't spread like that!

14. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are for immunity not a cure.

15 Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds.

16. Wearing gloves is also a bad idea; the virus can accumulate into the glove

and be easily transmitted if you touch your face.

17. Better just to wash your hands regularly. Immunity is greatly weakened by always staying in a sterile environment.

18. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach.

19. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/spicy/sugary food and aerated drinks.

Be smart and stay informed!

Live life sensibly and to the fullest.—

Be Kind Be Calm and Be Safe

Dr Bonnie Henry

August 22 at 4:52 AM · Public



Fifty ways to beat COVID-19

Don't hop on the bus, Gus,
Stay away from the pack, Jack,
Sneeze into your sleeve, Steve,
To keep virus free.

Stop touching your face, Grace,
Stay back to six feet, Pete,
Keep washing your hands, Stan,
And heed CDC.

Don't visit your Gran, Jan,
Wipe down every toy, Roy,
Don't hoard all the food, dude,
Please buy sensibly.

Just use some Purell, Mel,
Keep wipes near at hand, man.
Don't listen to John, Don -
You don't need more TP!

This isn't Spring Break, Jake,
Stay home if you're sick, Dick,
Just follow the rules, fools,
And stay virus free!



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Maya Angelou

A NAF UNIT # 68
MEMBERSHIP . . .



The year 2020 is almost over – please look
for the new memberships for 2021 soon!

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**

HA PPY BIRTHDAY to our
Unit #68 SEPT E MBER



Bobbi Cameron Ken Cameron
Vera Lipsett Harry Oda

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



REMINISCING WITH RON ANDY CAPPINOBINSON ..

Editor's: Seeing as Bob has included the Model T in Agnes' 100 year voyage I thought it very fitting to once again relate Ronnie's experience with his first dream car! ENJOY!

Spring has sprung and they say that's the time a young man's fancy turns to romance. This month's column is all about romance, but not with one of those luscious and beautiful South Hill broads –

no, this is about my love affair with my very first



car – a 1926 Model T Ford!

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

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

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

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

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

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

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

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

must have phoned the Vancouver Sun because the story came out in the following day's newspaper!!

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

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

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

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

Forever in our Memories

HUMOUR IS THE BEST
MEDICINE

The rioting in major cities across the U.S. has spread to The Villages, Florida, a retirement community of 100,000.

Looters in Florida's friendliest hometown have especially broken into stores that sell items like laxatives, vitamins, hearing aids, reading glasses, energy drinks and surgical stockings.

The thugs were easily caught and arrested since they were using their walkers and golf carts to flee.

The protests have been limited to the evening hours because most of the lawbreakers either had doctor's

appointments during the day or rioting would have interfered with their naps.

The marches didn't last that long because many of the demonstrators had to get home to pee. In many cases, the demonstrators simply forgot why they were even there.

Officials considered a curfew starting at 9 p.m. but since that's the time when most of the residents go to bed anyway, it was decided that it wasn't needed.

Community leaders concluded that part of the problem was that residents were restless because they had too much time on their hands since the recreation centers, pools, theaters, boutique stores and especially the bars were closed due to the coronavirus.

Community officials wanted to form a committee to look further into the problem, but the next day no one could remember why they needed a committee.

— — — — —

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic...told me to just suck it up buttercup! But the fan was VERY optimistic

and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

— — — — —

A judge was interviewing a woman regarding her pending divorce, and asked, *"What are the grounds for your divorce?"* She replied, *"About four acres and a nice little home in the middle of the property with a stream running by."*

"No," he said, *"I mean what is the foundation of this case?"*

"It is made of concrete, brick, and mortar," she responded.

"I mean," he continued, *"What are your relations like?"*

"I have an aunt and uncle living here in town, and so do my husband's parents."

He said, *"Do you have a real grudge?"*

"No," she replied, *"We have a two-car carport and have never really needed one."*

"Please," he tried again, *"is there any infidelity in your marriage?"*

"Yes, both my son and daughter have stereo sets. We don't necessarily like the music, but the answer to your questions is 'yes'."

"Ma'am, does your husband ever beat you up?"

"Yes," she responded, *"about twice a week he gets up earlier than I do."*

Finally, in frustration, the judge asked, *"Lady, why do you want a divorce?"*

"Oh, I don't want a divorce," she replied. *"I've never wanted a divorce. My husband does. He said he can't communicate with me."*

WE DON'T STOP LAUGHING

BECAUSE WE GROW OLD, WE GROW OLD BECAUSE WE STOP LAUGHING

AN AWESOME IDEA . . .

Wow this is just so cool !!

In Denmark people started an initiative called "The Human Library".

Inside certain libraries you can choose to 'borrow' a person - instead of a book - to listen to the history of their life for about 30 minutes. The point? Limiting prejudice.

Everyone has a 'title' such as 'Unemployed', 'Refugee', 'Bipolar', or what have you - but once we listen to their story, we will always be given reasons to realize even deeper - why we should never "judge a book by its cover"

An innovative and brilliant project that by now is active in fifty countries! An initiative of The Human Library 

IF YOU NEED TO CALL 911 BUT ARE SCARED TO BECAUSE OF SOMEONE IN THE ROOM

dial and ask for a pepperoni pizza. They will ask if you know you're calling 911. Say yes, and continue pretending you're making an order. They'll ask if there's someone in the room. You can ask how long it will take for the pizza to get to you, and they will tell you how far away a patrol unit is. Share this to save a life!!! Dispatchers are trained to ask specific yes or no questions..dont hang up!

FLOUR SACKS . . .

During the 1930s, flour sacks often came in bright colors with patterns.

In the 1930s, the industrialized world experienced the most severe economic downturn in history.

Originating in the United States, the effects of the *The Great Depression* would reach far and wide, and as unemployment grew, people were forced to find new ways to live and survive.

With growing children to dress and clothing too expensive for many families, many women began turning to the cotton sacks that their flour came in. From the simple material, they were able to solve the problem of clothing.

When the flour companies realized that women across the United States were using their sacks for this purpose, they came up with their own plan to try and help.

If people were being forced to make clothes from flour sacks, the flour companies decided they would make sure that the material used was pretty.

So, flour mills began printing bright and colorful designs on their flour sacks. They used many different patterns to ensure individuality and began adding patterns to make dress-making as accessible as possible.

The mills even added instructions explaining how the company's logo could be removed from the material.

During The Great Depression, flour companies helped approximately 3.5 million women and children have access to clothes they would have otherwise been unable to afford.

When the clothing had no more wear left, many mothers would re-use the fabrics to make quilts.



SHARING IS CARING

On my way home from a 12 hour day of cutting lawns, I seen this gentleman, I have no clue who he is to this day. But I said no way was I gonna let this guy tackle this on his own. So I turned around and went back and unloaded my mower and drove across the street and ask the gentleman if I could help. His eyes lit up and I took that as a yes. I ran down, jumped on my mower and went to work. As I'm cutting the lawn I look over and see the gentleman hunched over his wife, resting his head on her shoulder. So I get it knocked out in no time. I give them a thumbs up and proceeded to load my mower up. The wife makes her way over before I could leave. She was so thankful! Their riding mower broke down and her husband has been mowing their big lawn with a push mower. It only took 15 mins of my time. I changed their life, for a small moment. I hope someone reads this and feels like doing something good for someone tomorrow. I'm grateful to be where I'm at and I'm thankful for the people that help me get here.

Credit: J&J Lawn Service

A FEW HANDY HINTS FOR YOU and FOR YOUR HOUSEHOLD



Today let's explore the great uses for BANANA PEELS . . .

10 Magic Powers Of Banana Peels . . .

Using banana peels as a fertilizer is a familiar secret for most of the gardeners. They are easy to decompose, and when decomposed they can provide large amounts of Potassium and Phosphorus for your plants. Plants will be stimulated to grow, flower much, and exist in long-lasting. In addition, banana skin is rich in nutrients because it contains many vitamins B6 and B12..., these are beneficial for health. So banana peels are also used to beauty, even polish silver, or utensils. Because the same fruit acids that make banana peels ideal for rejuvenating skin also make them perfect for polishing silver.

After reading our article today, instead of throwing them away, you've got a bunch of ideas to reuse them more useful. And here are 16 magic power of banana peels that we are so glad to share. Stopping chat here, you're ready to explore their secret with us. Let's start!

#1 Compost

Use banana peels to mix them into the compost pile. Peels add potassium and phosphorus to compost which promotes root development and overall plant health when incorporated into garden soil.

#2 Compost Tea

If you don't have a compost pile, you can still use banana peels to feed your garden. Simply drop a few peels into a bucket full of water and let it sit for a couple of days to make compost "tea." Mix one part banana peel compost "tea" with five parts of fresh water and feed this mineral-rich mixture to your plants about once per month in lieu of your normal watering.

#3 Feed Your Seedlings

Chop up (Or cut) banana peels and bury one or two small pieces in the soil at the bottom of planting holes or seed-starting containers to give your young plants a boost of nutrients that will aid in root development and disease resistance.

#4 Dried Peel Fertilizer

One final tip for using banana peels as fertilizer is to dry them completely then grind the peels and incorporate them into the soil in your garden.

#5 Deter Aphids

Bury a few small pieces of ripe banana peel just under the surface of the soil around garden plants which are prone to aphids. The tiny garden pests don't like the gases emitted by decomposing peels and will quickly seek more appealing feeding grounds. Be sure to only use a few small pieces as the pungent aroma of whole peels may attract wasps, rodents, and other larger pests in search of a sweet snack.

#6 Shine Up Houseplants

Rub the soft fleshy side of a banana peels on the leaves of your houseplants to clean off dust or debris and give them a healthy glow.

#7 Livestock Feed

Humans are not the only ones who enjoy bananas. Livestock like chickens, rabbits, and pigs will enjoy ground up dried banana peels added to their feed.

#8 Soothe Skin Irritations

Rub moist banana peels on bug bites, stings, and other skin irritations. The fruit acids, vitamins, and minerals will not only help to soothe away pain and itching. They're also great for your skin!

#9 Improve Your Complexion

Massage a piece of ripe banana peel over your entire face once every few days. The fruit acids and nutrients in the peel can help to exfoliate and nourish your skin, giving it a softer, younger, and healthier appearance.

#10 Remove Warts

Sick and tired of that nasty wart that just won't go away? Tried everything at the pharmacy. Great new information, you can use banana peel to get rid of these persistent blemishes. Simply rub a piece of ripe peel over the wart each night before bed and watch it fade.



FROM OUR UN IT
#68 BUZZ RECIPE
CORNER:



CINNAMON APPLESCOTCH
COOKIES . . .

Another delicious recipe submitted by
Laura, member of the "100 club:

INGREDIENTS

- < 1/3 c. Shortening
- < 1/2 c. Sugar
- < 1 egg
- < 1/2 tsp. Vanilla
- < 1/3 c. Applesauce
- < 1 1/4 c. Flour
- < 1/2 tsp. Cinnamon
- < 1/4 tsp. Baking soda
- < 1/4 tsp. Salt
- < 1 c. Chipits butterscotch chips

DIRECTIONS

Cream shortening with sugar.
Beat in egg & vanilla.
Stir in applesauce.
Combine flour, cinnamon, baking
soda & salt – stir into creamed
mixture.
Mix in chipits
Drop from tsp. onto greased cookie
sheets.
Bake in preheated 350f degree oven
for 12-15 minutes.
Makes approximately 3 dozen
cookies

ENJOY!! ENJOY!!

MORE YUM with thanks to Laura



WHAT IS LOVE??

Ask any kid for a great answer - some old / some new!

What Love means to 4 -8 year old kids??

Slow down for three minutes to read this. A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does love mean?'

The answers they got were broader, deeper, and more profound than anyone could have ever imagined !

'When my grandmother got arthritis , she couldn't bend over and paint her toenails anymore.. So my grandfather does it for her all the time , even when his hands got arthritis too. That's love.'
Rebecca- age 8

'When someone loves you , the way they say your name is different. You just know that your name is safe in their mouth.'
Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.'
Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' Chrissy - age 6

'Love is what makes you smile when you're tired.' Terri - age 4

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him , to make sure the taste is OK.' Danny - age 8

'Love is what's in the room with you at Christmas if you stop opening presents and just listen.' Bobby - age 7 (Wow!)

'If you want to learn to love better, you should start with a friend who you hate.' Nikka - age 6
(we need a few million more Nikka's on this planet)

'Love is when you tell a guy you like his shirt, then he wears it everyday.'
Noelle - age 7

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.' Tommy - age 6

'During my piano recital , I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling.

He was the only one doing that. I wasn't scared anymore.' Cindy - age 8

'My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.' Clare - age 6

'Love is when Mommy gives Daddy the best piece of chicken.' Elaine-age 5

'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.' Chris - age 7

'Love is when your puppy licks your face even after you left him alone all day.' Mary Ann - age 4

'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.' Lauren - age 4

'When you love somebody , your eyelashes go up and down and little stars come out of you.' (what an image)
Karen - age 7

'Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross..' Mark - age 6

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.'
Jessica - age 8

And the final one: The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard , climbed onto his lap, and just sat there. When his Mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry.'

I thought 2020 would be
the year I get everything I want,
now I know 2020 is the year
I appreciate everything
I have.

Intelligence

ANOTHER SCAM - HEADS UP
EVERYONE



Re: 90# on your telephone.

I received a telephone call last evening from an individual identifying himself as a Telus Serviceman, who claimed he was conducting a test on the telephone-lines.

He stated that to complete the test I should touch nine (9) and then zero (0), followed by the pound sign (#), and then to hang up.

Luckily, I was suspicious, and I refused. Upon contacting the telephone company, I was informed that by pushing 90#, you are giving the requesting individual full access to your telephone line, which enables them to place long distance calls billed to your home phone number. I was further informed that this scam has been originating from many of B.C. Alta. Ont. NB. local jails and prisons.

DO NOT press 90# for ANYONE !

The GTE Security Department requested that I share this information with EVERYONE I KNOW. After checking with Telus, they said it was true, so do not dial 90# for anyone!

PLEASE PASS THIS ON TO EVERYONE YOU KNOW.

Vivian Thompson, Crime & Fraud Prevention Coordinator, District 5 South Surrey RCMP, British Columbia .

I asked one of my friends who has crossed 70 & is heading to 80 what sort of changes he is feeling in himself? He sent me the following very interesting lines, which I would like to share with you:

#1 After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself.

#2 I just realized that I am not "Atlas". The world does not rest on my shoulders.

#3 I now stopped bargaining with vegetables & fruits vendors. A few pennies more is not going to burn a hole in my pocket but it might help the poor fellow save for his daughter's school fees.

#4 I pay my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me

#5 I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down the memory lane & relive the past.

#6 I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

#7 I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You"

#8 I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

#9 I walk away from people who don't value me. They might not know my worth, but I do.

#10 I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.

#11 I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

#12 I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships I will never be alone.

#13 I have learned to live each day as if it's the last. After all, it might be the last.

#14 I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

I decided to send this to all my friends. Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age....

Anonymous Author



Whoever wrote this is bang on!!

*We fell asleep in one world, and woke up in another.
Suddenly Disney is out of magic,
Paris is no longer romantic,
New York doesn't stand up anymore,
the Chinese wall is no longer a fortress, and Mecca
is empty.*

*Hugs & kisses suddenly become weapons, and not
visiting parents & friends becomes an act of love.
Suddenly you realise that power, beauty & money
are worthless, and can't get you the oxygen you're
fighting for.*

*The world continues its life and it is beautiful. It
only puts humans in cages.*

I think it's sending us a message:

*"You are not necessary. The air, earth, water and
sky without you are fine. When you come back,
remember that you are my guests. Not my
masters."*

IN HONOUR OF AGNES BIRTHDAY . . .

The delicious history of the birthday cake goes way back to ancient Greece when cakes were baked to look like moons

We have the ancient Egyptians to thank for the celebration of birthdays. Believing the crowning of a pharaoh – and their subsequent ascension to the position of a god – was a worthy occasion to celebrate, the birthday was invented.

In time, the day of birth for even a mere mortal became a cause for celebration.

The ancient Greeks would go on to borrow the tradition, but add their own twist, which continues to be a focal point of birthdays to this day... the BIRTHDAY CAKE!

These early cakes were baked to resemble the moon. The round cakes would then be offered as a tribute to Artemis, goddess of the moon.

To make the cake appeal more to Artemis, lit candles were placed on top to make the cake light up just like the moon itself.

The tradition was a keeper and by the 18th century, children in Germany were the lucky ones to have the celebration of 'Kinderfeste' to mark their birthdays, a tradition focused on the birthday cake, that would form the prerequisite for the contemporary birthday party.

On the morning of a child's birthday, the house would be decorated and no chores would be given to the birthday boy or girl.

They would be woken with a cake decorated with lighted candles. The number of these candles added up to the child's age, plus one. This additional candle symbolized hope for the coming year to be a full one. In an age when infant mortality was high, the candle was called the 'light of life'.

The birthday children of Germany however, were not allowed to have their cake and eat it, instead having to wait *all day* until after dinner. Throughout the day, the burning candles were replaced.

Finally the jubilant moment would arrive where the candles could be blown out, a wish was made and the cake could finally be eaten.

With the luxurious sweet ingredients needed for a cake being expensive, it wasn't until the Industrial Revolution that the tradition became accessible to the masses. As well as ingredients becoming more affordable, bakeries also began offering ready-made cakes.

The birthday continues to be marked with well-known traditions throughout the world.



12 things to always remember

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within.
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

Type 'Yes' if you agree.

THINGS YOUR MOTHER SHOULD HAVE TOLD YOU ...

1. Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
2. Use a meat baster to “squeeze” your pancake batter onto the hot griddle and you’ll get perfectly shaped pancakes every time....
3. To keep potatoes from budding, place an apple in the bag with the potatoes.
4. To prevent eggshells from cracking, add a pinch of salt to the water before hard-boiling.
5. Run your hands under cold water before pressing Rice Krispies treats in the pan and the marshmallow won’t stick to your fingers.
6. To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.
7. To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on the stovetop.
8. Spray your Tupperware with nonstick cooking spray before pouring in tomato-based sauces and there won’t be any stains.
9. When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won’t be any white mess on outside of the cake.
10. If you accidentally over-salt a dish while it’s still cooking, drop in a peeled potato and it will absorb the excess salt for an instant “fix me up.”
11. Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks .
13. Place a slice of apple in hardened brown sugar to soften it.
14. When boiling corn on the cob, add a pinch of sugar to help bring out the corn’s natural sweetness.
15. To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh, but if it rises to the surface, throw it away.
16. Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
17. Don’t throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces.
18. If you have a problem opening jars: Try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.
19. Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.
20. To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.
21. Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.
22. Now look what you can do with Alka Seltzer. Clean a toilet. Drop in two Alka-Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous china. Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets. Polish jewelry.

Drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes. Clean a thermos bottle. Fill the bottle with water, drop in four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary). Unclog a drain. Clear the sink drain by dropping three Alka-Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, then run the hot water.

THANKS MUM

WOUNDED WARRIORS CANADA



Thanks to the commitment of over 300 cyclists representing every province, our first annual Ride for Mental Health raised over \$140,000 — and counting!

These much needed funds will have a direct impact on our ability to deliver mental health services for our injured Veterans, First Responders and their families.

Knowing Canadians care about and respect those who serve inspires and motivates those who proudly wear, or have worn, a uniform.

This collective effort helps build their resilience and affirms their dedication to duty and their unwavering commitment to maintain safe communities and a secure Canada. What a great weekend!!!!

[#InThisTogether](#)

🐾 Horse manure may protect us from the Corona Virus 🌿 ...

~ Take fresh horse manure & rub your hands with it. It has the following actions:

1. It prevents you from touching your nose, eyes, mouth.
 2. People will keep at least 6 feet away from you.
 3. No one will want to shake your hand.
 4. You will safely wash your hands well, before going to lunch.
- ~ We promise, it works.

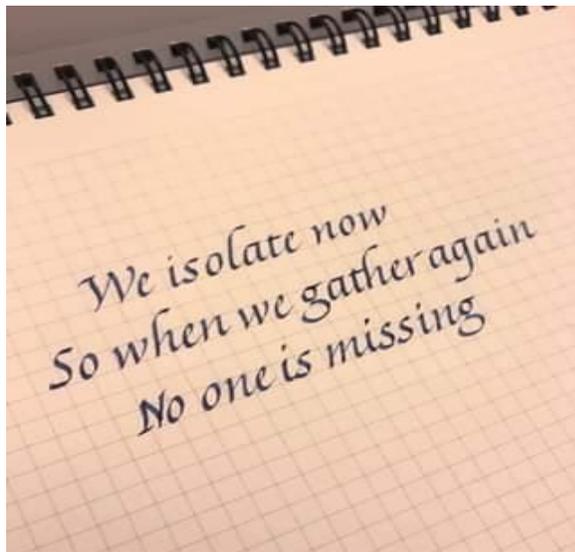


Things I'm Super Good At

By I Might Be Funny

1. Forgetting someone's name 30 seconds after they tell me.
2. Running. Late, that is.
3. Making plans...then regretting making plans.
4. Thinking of a great comeback – an hour later.
5. Digging through the trash for the food box I just tossed, because I already forgot the directions.
6. Adding items to online carts. Then deleting.
7. Googling my ailments. Then panicking.
8. Leaving laundry to wrinkle in the dryer.
9. Forgetting why I walked into the room.
10. Calculating how much sleep I'll get if I can just "fall asleep right now".

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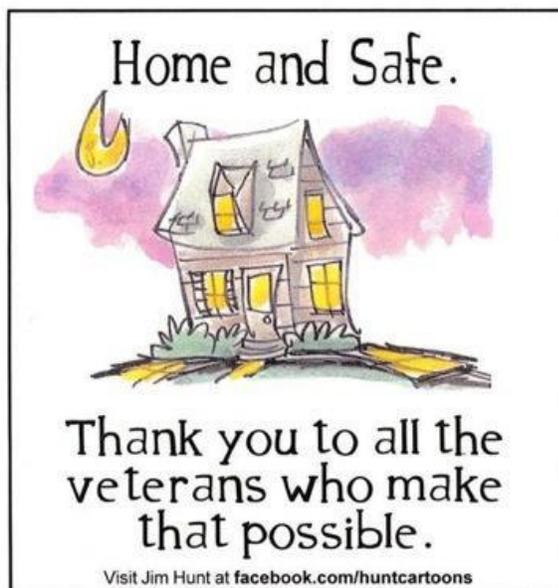


OLD LADIES KNOW WHAT 'S
WHAT

A cantor brags before his congregation in a booming, bellowing voice: "Two years ago I insured my voice with Lloyds of London for \$750,000."

There is a hushed and awed silence in the crowded room.

Suddenly, from the back of the room, the quiet, nasal voice of an elderly woman is heard, "So what did you do with the money?"



FROM YOUR
EDITOR MARDI . . .



Our Fall Season is upon us È a season like no other! We must continue to strive to stay safe È keep our distances and wear masks at all times when out in public. . . . Be Strong and Stay Safe!!!!

Our Special Thanks to a very good friend and comrade, Janice Graham, for another 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!!

I do apologize for the long delay in the printing of our Buzz this month but due to back problems my computer and I were not too compatible for quite a few days. I will be back on track next month!!

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

TOGETHER WE CAN DO THIS!!

THE BEST IS YET TO COME!!

Your Editor
MARDI

