

# THE BUZZ



Autumn is Here!

# THE BUZZ



## YOUR PRESIDENT'S REPORT



Greetings Comrades and Friends,

I don't know about you all, but I can't believe it's the September issue already, how time flies.

This month is a busy one with the Dominion Command Convention happening in Winnipeg on September 11 to the 14.

This year's Provincial Bocce Tournament will take place on September 17 at 11 am and Unit 45 is celebrating their 100 Anniversary at 1 pm on the same day.

On September 18 a Celebration of Life for Comrade William D McIntyre (Bill Mac) at ANAF Unit 26 (Fraser and 49th) will be held from Noon to 2 pm.

And finally, the Battle of Britain Commemoration Ceremony take place in Stanley Park on September 25 at 1:15 pm.

I know at our last General Meeting on May 15 of this year we determined that we would meet again on September 25, 2022 but due to a conflict with the Battle of

Britain ceremony being on the same day, I would like to have our next General Meeting on October 2, 2022, at 2 pm, location to be announced. I look forward to seeing you all at our next meeting.

A special hello to Comrades Sheryl and Charlie Calvert who have been visiting us from England for 6 weeks, we really enjoy your visits.

The next Grocery Basket at Unit 100 will be Sept. 9, after the 5:30 meat draw, with the proceeds going to replace the televisions in Unit 100. Come and support the unit and win meat and lots of groceries.

**STAY SAFE AND TAKE CARE.**

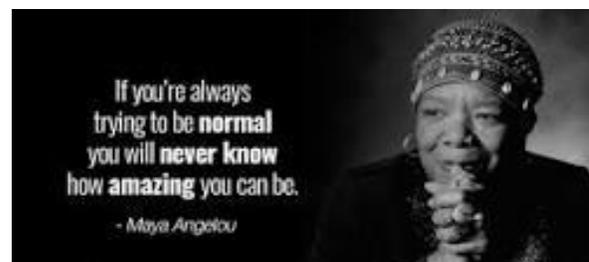
**Shoulder to Shoulder**

**Fraternally Yours,**

**Jan Holt**

**President**

**East Vancouver Unit #68**



## SEPT. NEWS FROM YOUR HONOURARY PRESIDENT



Comrades and Friends . . .

I am so very sorry to report that our Honourary President, Bob Rietveld, is ill at this time and not up to sending a report for this month's issue.

We are very hopeful that he will be on the mend soon and therefore we look forward once again to his monthly column in October.

Meanwhile Bob . . . we are all thinking of you and sending you 'Get Well Soon' wishes!

**Your Editor, Mardi**

Hate has 4 letters, so does Love. Enemies has 7 letters, so does Friends. Lying has 5 letters, so does Truth. Negative has 8, so does Positive. Under has 5, so does above. Cry has 3 letters, so does Joy. Anger has 5 letters, so does Happy. Right has 5 letters, so does wrong. Hurt has 4 letters, so does Heal. It means life is like double edged sword... so transform every negative side into an aura of positivity... We should choose the better side of the life.

### Heart Pocket

I've got a special pocket  
that's stitched into my chest.  
It's full of all the moments  
that I've thought of as my best.

And when a good friend tells me  
about the things that make them smile,  
I place them in my pocket  
so I can keep them for a while.

And when I'm feeling saddened,  
just as I was today,  
I'll open up my pocket  
to help the sadness go away.

The pocket's always endless,  
yet sometimes it overflows,  
and the love that spills out from it  
is how the pocket grows.

And sometimes if you're lucky,  
if I hug you really tight,  
you can feel my pocket beating  
and you might just feel its light.

~ Jessy Humann ~

*"This is what I am learning, at 82  
years old: the main thing is to be in  
love with the search for truth."*

**Maya Angelou**

## SEPTEMBER NEWS FROM THE 100 CLUB . . .

I hope that everyone has enjoyed their summer.

Unit 100 will be having their 2nd Annual Pig Roast on Saturday September 17, so we hope to see you all at the club to enjoy Johnny's cooking.

September 17 is also the Provincial Bocce Tournament. We are hosting the event and wish all teams the best of luck.

Our patio is now closed from 9pm on Monday and Tuesday nights. This is due to noise complaints from our neighbours. When using the patio or leaving the club, please respect those who live nearby. The patio may close on other nights if the noise level doesn't improve.

We have purchased a new big TV for the Unit. All future grocery baskets profit will go towards the cost.

Our End of Month Draw will now be held on the last Sunday of the month.

Bingo returns on Sunday September 11. Get those daubers at the ready.

**Rhonda Edwards,  
President of ANAF Unit 100**



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

- Maya Angelou

Goalcast

## SPORTS REPORT

Maybe a little exercise and camaraderie will improve your life?

September 17 / 22 Bocce at General Brock Park, hosted by ANAF Unit # 100 { a block away}

Also a pig roast on the same day at #100!

Darts Tournament in Vernon!!!  
Saturday September 24 / 22.

There's still time to sign up so please come out and support / represent your local club!

Lund Milton  
Unit #68 Director

## FREE COMPUTER SKILLS FOR VETERANS . . .

There was a news story this month about the labour shortage in the "*Tech Sector*" and it referred to FREE computer skills training for Veterans.

It is a completely online course through the University of Ottawa - and although it is not necessarily for our "senior" Veterans; it is designed to assist the more recent ones.

If they served a minimum of 6 years and left the Forces AFTER 2006, they apparently are eligible for 100% funding if wanting to pursue either a Software Development and/or a Cyber Security certificate.

[www.codingforveterans.com](http://www.codingforveterans.com)

Contact:

[info@codingforveterans.com](mailto:info@codingforveterans.com)

1 800 317 0058

## THE HONOUR HOUSE SOCIETY . . .



Honour House is a refuge, a “*home away from home*” for members of our Canadian Armed Forces, Veterans, Emergency Services Personnel and their families to stay, completely free of charge, while they are receiving medical care and treatment in the Metro Vancouver area.

These brave individuals, along with their families, sacrifice so much on a daily basis to protect our freedom and our everyday way of life. Honour House allows us the opportunity to show them that we care and how much we appreciate all that they do for us.

Our second location, Honour Ranch, is located on 120 acres of rolling hills that overlook the South Thompson River near Ashcroft, BC.

Here, members of our Canadian Armed Forces, Veterans, Emergency Services Personnel, and their families can discover cutting-edge strategies in the treatment of operational stress injuries including anxiety, depression, and PTSD. The goal: empower these heroes so they are better equipped to navigate the often debilitating emotional and physical stresses of selfless commitment to service.

Learn more about us at  
[www.honourhouse.ca](http://www.honourhouse.ca)

## SIX LITTLE STORIES WITH LOTS OF MEANING . . .

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is **faith**.

2. When you throw babies in the air, they laugh because they know you will catch them. That is **trust**.

3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That is **hope**.

4. We plan big things for tomorrow in spite of zero knowledge of the future. That is **confidence**.

5. We see the world suffering, but still, we get married and have children. That is **love**.

6. On an old man’s shirt was written a sentence, “I am not 80 years old; I am sweet 16 with 64 years of experience.” That is **attitude**.

Have a happy day and live your life like these six stories.

***Remember—Good friends are the rare jewels of life, difficult to find and impossible to replace!!***



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bcanavets@telus.net for more information

New Chelsea Society  
#205 4300 North Fraser Way.  
Burnaby B.C. V5J 0B3.

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

**VETERANS AFFAIRS CANADA****MEDALS & SERVICE RECORDS**

P.O. Box 7700 Charlestown, P.E.I. C1A 8M9  
VETERANS AFFAIRS ENQUIRIES  
Suite 1000 – 605 Robson Street,  
Vancouver, B.C. Toll-Free Telephone:  
1-866-522-2122

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DID YOU KNOW... that you may be eligible  
for Death Benefits of up to \$ 2,500.00?

**LAST POST FUND INC.**

British Columbia Branch #520  
#203-7337 – 137<sup>th</sup> St. Surrey, BC V3W 1A4  
For information regarding financial assistance  
please contact 572-3242 or 1 – 800 – 268-0248.

*I think that I shall never see  
a billboard lovely as a tree.  
Perhaps, unless the billboards fall,  
I'll never see a tree at all.*

--- Ogden Nash (1902 - 1971)

**ANAF UNIT #68  
MEMBERSHIP . .**

**SPECIAL OFFER:** Our membership is still \$35.00 for the year or \$60.00 for a couple – but for **NEW MEMBERS ONLY** – you may purchase a 2022 membership for 50% off starting on July 1st, 2022!!!

Please see any one of our Executive to get more details!

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  
Apt 609 951 East 8th Avenue  
Vancouver B.C. V5T 4L2.

*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 SEPT. Celebrants**

Bobbi Cameron Vera Lipsett  
Harry Oda

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



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

*In Loving Memory*

**Editor's Note:** *This memorable column appeared in our Buzz in August of 2010 – hoping you enjoy it once more!!!*

— — — — —

Summer must be almost over because I see its PNE time again. I have been going to the annual fair for over 70 years.

I can recall taking the Fraser streetcar to the Vancouver Exhibition (it became the PNE years later). The streetcar fare was 6¢ and the entrance fee to the big fair was 25¢. However, when we became teens and you were a member of the elite *Fraser Street Gang* it didn't cost you a single penny to gain entrance.

We discovered that a section of the wire fence facing Hastings Street could be entered by simply lifting the wire up, and crawling through. I think I could still crawl through, but I doubt if I could stand up.

The number one ride in those days was the *Chute the Chute*, located in *Happyland*, which is now called *Playland*. It was also the site of North America's largest wooden roller coaster. It's now known as the last wooden roller coaster in existence.

My happiest moments at the fair were visiting the row of sideshows in the Happyland area.

My all-time favorite was the 'Freak' show – of course you no longer can use the word 'freak'. I was fascinated with the two-headed calf, the two-headed dog, the world's thinnest man, the bearded lady, etc., etc. Of course, we knew that most of the 'freaks' were phony, but we never knew just how phony until a scandal broke out during the fair one year.

Apparently the 'Siamese Twin Girls' had a terrible fight and split up. And I really mean 'split up'. The girls were supposed to be joined at the hips. Of course, that's when we realized they really were twins, but only shared the same dress, and were never joined. Even after all that, the Freak Show was still my favorite attraction.

We used to carry home shopping bags full of the free samples that were handed out at the fair – miniature loaves of bread, samples of coffee, tea, those miniature Roman Meal cereal boxes, jams, candies, etc., etc. Now you're lucky if you get a toothpick to take home!

The good news about the fair – they have enlarged the beer gardens – the bad news is that they haven't enlarged the beer glasses.

I understand the entrance fee to this year's fair is \$20 – that's one hell of an increase from the 25¢ I used to pay some 75 years ago. This gate pass is for 6 – 64 years of age and is not valid for any rides or side attractions.

A Seniors gate pass is only \$8.00 but still is not valid for any rides or side attractions.

The PNE this year runs from August 21<sup>st</sup> through to and including September 6<sup>th</sup>.

The only time I got through the front gate at Hastings Park without having to buy a ticket was when I joined the army, and was billeted there while the big-shots decided which miserable army camp to send me to.

***Therefore, I am wishing a Happy 100<sup>th</sup> Birthday to an Old Favorite of Mine!!***

***May you continue on for many more years to come!!!! And do look into making those beer glasses bigger!!!!***

*Forever in our Memories*

**LAUGHTER THERAPY:**

A market researcher called at a house and his knock was answered by a young woman with three small children running around her.

He asked her if she minded replying to his questions and when she agreed, he asked her if she knew his company, Cheeseborough-Ponds.

When she said no, he mentioned that among their many products was Vaseline and she certainly knew of that product.

When asked if she ever used it, she answered, "Yes, we use it when we have sexual intercourse."

The interviewer was amazed. He said, "*I always ask that question because everyone uses our product and they always say they use it for the child's bicycle chain, or the gate hinge or some other purpose. But I know that most people really use it for sexual intercourse, they just don't like to say so. Since you've been so frank, could you tell me exactly how you use it?*"

*"We put it on the doorknob to keep the kids out."*

The Irish priest was at the altar one dreary Sunday morning, addressing his congregation with a vehement sermon that alcohol was the work of the devil.

"As an example," he stated during his sermon, "*If you were to lead a donkey to a bowl of water and a bowl of whiskey, from which would he drink?*"

A grizzled old Mick at the back of the church spoke up: "*Aye, Father, for sure he'd drink from the water.*"

The priest, elated, said, "*Very good, my son. And can you tell me WHY he'd drink from the water?*"

The Irishman at the back of the church replied, "*Sure I can tell ye' why, Father. Because he's an ass.*"

So, I was at the store earlier today with my service dog.

The lady in front of me at checkout had about \$200 worth of toilet paper in her shopping cart.

With an attitude she asked me what type of dog I had.

I told her it was my service dog.

Then she got really snarky and said, "*I can see that. What type of service?*"

I said he was a BLD. By now he was licking her face and hands being super friendly.

She asked, "*what is a BLD?*"

I told her it stood for Butt Licking Dog.

She said, "*Butt Licking Dog?*"

I said, "*Yeah, he has been trained to lick my butt clean since I can't find toilet paper because of hoarders like you.*"

The cashier completely lost it.

A little girl and a little boy were at day care. The girl approaches the boy and says, "*Hey Tommy, wanna play house?*"

He says, "*Sure! What do you want me to do?*"

The girl replies, "*I want you to communicate your thoughts.*"

"*Communicate my thoughts?*" said a bewildered Tommy. "*I have no idea what that means.*"

The little girl smirks and says, "*Perfect. You can be the husband.*"

*Following is an actual exchange of correspondence between a customer and the Irish Railway Company.*

Gentlemen,  
I have been riding your trains daily for the last two years, and the service on your line seems to be getting worse every day. I am tired of standing in the aisle all the time on a 14-mile trip. I think the transportation system is worse than that enjoyed by people 2,000 years ago.

Yours truly,  
Patrick Finnegan

Dear Mr. Finnegan,  
We received your letter with reference to the shortcomings of our service and believe you are somewhat confused in your history. The only mode of transportation 2,000 years ago was by foot.

Sincerely,  
Irish Railway Company

Gentlemen,  
I am in receipt of your letter, and I think you are the ones who are confused in your history. If you will refer to the Bible and the Book of David, 9th Chapter, you will find that Balaam rode to town on his ass. That.... gentlemen, is something I have not been able to do on your train in the last two years!

Yours truly,  
Patrick Finnegan.



## POETRY FOR YOU . . .

My forgetter's getting better,  
But my rememberer is broke  
To you that may seem funny  
But, to me, that is no joke

For when I'm "here" I'm wondering  
If I really should be "there"  
And, when I try to think it through,  
I haven't got a prayer!

Of times I walk into a room,  
Say "what am I here for?"  
I wrack my brain, but all in vain!  
A zero, is my score.

At times I put something away  
Where it is safe, but Gee!  
The person it is safest from  
Is, generally, me!

When shopping I may see someone,  
Say "Hi" and have a chat,  
Then, when the person walks away  
I ask myself, "who was that?"

Yes, my forgetter's getting better  
While my rememberer is broke,  
And it's driving me plumb crazy  
And that isn't any joke.

*As we grow older.*

real beauty travels from the  
face to the heart. Appeal turns to  
charm, hurt to wisdom, and great  
moments to shared memories.

The true beauty of life is not  
how happy you are now, but  
how happy others are  
because of you.

Unknown / Power of Words  
www.powerofwords.com



## Gentle Thoughts for Today-

Birds of a feather flock together and crap on your car.

When I'm feeling down, I like to whistle. It makes the neighbor's dog run to the end of his chain and gag himself.

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.

The easiest way to find something lost around the house is to buy a replacement

Did you ever notice: The Roman Numerals for forty (40) are 'XL.'

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

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.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs.'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

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

Lord,  
Keep your arm around my shoulder and your hand over my mouth... AMEN..!!

## Dust if you must

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

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

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

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

— Rose Milligan

## GREAT QUOTE:

*“If I knew I was going to live this long, I'd have taken better care of myself.”*

--- Mickey Mantle (1931 - 1995)

**CUCUMBERS - -  
WHO KNEW  
HOW MANY  
USES THEY  
HAVE:**



*Many of these cucumber uses are repeats but well worth reminding . . .*

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a

few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new

mothers and college students during final exams.

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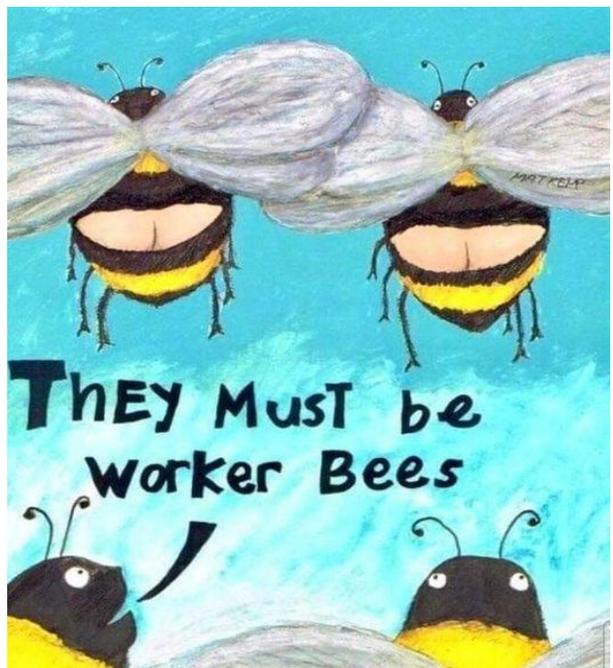
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

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12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but won't leave streaks and won't harm your fingers or fingernails while you clean.

— — — — —

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



**SOME GIGGLES FOR YOU . . .**

A young camper at summer camp asked the chaplain if "hard on" was hyphenated.

The chaplain replies, "*What in heaven's name are you writing home about!*"

The young boy says, "*I'm telling Mum and Dad about the project we worked so 'hard on'.*"

— — — — —

A wise schoolteacher sends this note to all parents on the first day of school:

*"If you promise not to believe everything your child says happens at school, I'll promise not to believe everything he says happens at home."*

— — — — —

A man complained about having had two unhappy marriages. His first wife divorced him, and his second wife wouldn't.

— — — — —

Definition of The Perfect Husband:  
A guy who makes his wife's panties wet, doing the laundry every week.

— — — — —



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



*Everyone likes 'comfort food' – here are a couple of examples for you . . .*

**GRILLED CHEESE AND  
TOMATO SOUP BREAD BOWL**



**INGREDIENTS:**

for 1 bread bowl

- 1 medium round loaf of bread
- Cheese slices, as needed
- butter
- 1 can tomato soup

**INSTRUCTIONS:**

1. Remove the top of the roll. Using a small knife cut around the inside of the bread (being careful not to cut through the sides) and scoop out the center of the roll - save this for later.
2. Butter the inside of the roll and place 3-4 cheese slices around the inner edge of the bread bowl. Bake in a preheated oven at 375°F (190°C) for 10 minutes, or until the cheese has melted.

3. Cut the saved center of the roll in half. Butter both sides and create a cheese sandwich.
4. Melt butter in a small skillet over medium heat and fry the sandwich until both sides are browned and the inner cheese has melted.
5. Remove the bread bowl from the oven. Fill with tomato soup and serve with the grilled cheese.
6. Enjoy!

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**LOADED BAKED POTATO  
GRILLED CHEESE SANDWICH**



This sandwich is unbelievable.

It will capture you, wrap you up, hold you in its warm, gooey, comforting, deliciously tonguegasmic embrace and never let you go.

**INGREDIENTS:**

- 4 slices country potato bread
- 4 slices cooked bacon
- 1-2 TBSP chopped green onions
- 4 slices sharp cheddar cheese
- sour cream
- butter

**METHOD:**

1. Pre-heat a griddle or flat iron skillet to 350°F
2. Lay out 4 slices of potato bread
3. Spread a thin layer of sour cream onto each slice of potato bread
4. Top each slice of potato bread with a slice of sharp cheddar cheese
5. Place bacon onto two of the slices of bread (one half of each sandwich)
6. Sprinkle each slice of potato bread with chopped green onions
7. Put the sandwiches together
8. Spread butter onto the outsides of both sandwiches
9. Place on the griddle (hot surface) and cook until toasty and golden brown and the insides are sizzling, melting, gooey and you can barely wait to dive in.
10. Remove the sandwiches from the hot griddle and set on a vented surface (cookie cooling rack etc) for a few minutes
11. Serve.
12. Pause for a moment of silence and reverence for the life changing event you have just encountered.
13. Continue.

**ENJOY!!!**


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*The things you used to care to do,  
you no longer care to do,  
but you really do care that you don't care to do them anymore.*

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**ACCORDING TO MAXINE . . .**

My mind works like lightning, one brilliant flash and it is gone.

The only time the world beats a path to your door is if you're in the bathroom.

My idea of a Super Bowl is a toilet that cleans itself.

I hate sex in the movies. I tried it once. The seat folded up, the drink spilled, there was popcorn all over the floor and that ice, well, it really chilled the mood.

It used to be only death and taxes - Now, of course, there's shipping and handling, too.

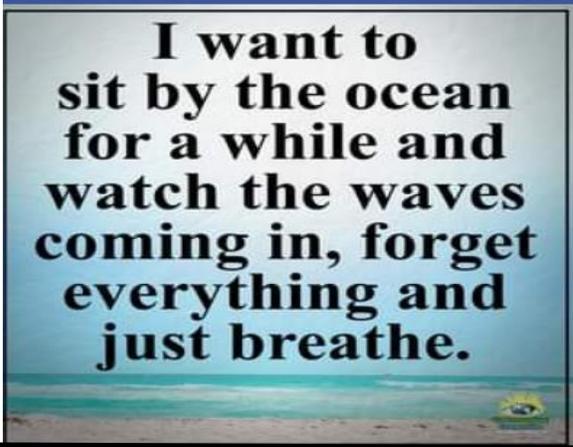
A husband is someone who, after taking the trash out, gives the impression that he just cleaned the whole house.

My next house will have no kitchen - just vending machines and a large trash can.

Definition of a teenager?  
God's punishment...for enjoying sex.

If you need a shoulder to cry on, pull over to the side of the road.

As you slide down the banister of life, may the splinters never point up!



**I want to  
sit by the ocean  
for a while and  
watch the waves  
coming in, forget  
everything and  
just breathe.**

**CANADA???**

Believe it or not these questions about Canada were posted on an International Tourism Website.

Obviously, the answers are a joke; but the questions were really asked!

Q: I have never seen it warm on Canadian TV, so how do the plants grow? ( England )

A: *We import all plants fully grown and then just sit around and watch them die.*

Q: Will I be able to see Polar Bears in the street? ( USA )

A: *Depends on how much you've been drinking.*

Q: I want to walk from Vancouver to Toronto - can I follow the Railroad tracks? ( Sweden )

A: *Sure, it's only Four thousand miles, take lots of water.*

Q: Is it safe to run around in the bushes in Canada? ( Sweden )

A: *So, it's true what they say about Swedes.*

Q: Are there any ATM's (cash machines) in Canada? Can you send me a list of them in Toronto, Vancouver, Edmonton and Halifax? ( England )

A: *No, but you'd better bring a few extra furs for trading purposes.*

Q: Can you give me some information about hippo racing in Canada? ( USA )

A: *A-fri-ca is the big triangle shaped continent south of Europe Ca-na-da is that big country to your North...oh forget it. Sure, the hippo racing is every Tuesday night in Calgary - Come naked.*

Q: Which direction is North in Canada? ( USA )

A: *Face south and then turn 180 degrees Contact us when you get here, and we'll send the rest of the directions.*

Q: Can I bring cutlery into Canada? ( England )

A: *Why? Just use your fingers like we do.*

Q: Can you send me the Vienna Boys' Choir schedule? ( USA )

A: *Aus-t ri-a is that quaint little country bordering Ger-man-y, which is...oh forget it. Sure, the Vienna Boys Choir plays every Tuesday night in Vancouver and in Calgary, straight after the hippo races. Come naked.*

Q: Do you have perfume in Canada? ( Germany )

A: *No, WE don't stink.*

Q: I have developed a new product that is the fountain of youth. Where can I sell it in Canada? ( USA )

A: *Anywhere significant numbers of Americans gather.*

Q: Can you tell me the regions in British Columbia where the female population is smaller than the male population? ( Italy )

A: *Yes, gay nightclubs.*

Q: Do you celebrate Thanksgiving in Canada? ( USA )

A: *Only at Thanksgiving.*

Q: Are there supermarkets in Toronto and is milk available all year round? (Germany)

A: *No, we are a peaceful civilization of Vegan hunter/gathers. Milk is illegal.*

Q: I have a question about a famous animal in Canada, but I forget its name. It's a kind of big horse with horns. ( USA )

A: *It's called a Moose. They are tall and very violent, eating the brains of anyone walking close to them. You can scare them off by spraying yourself with human urine before you go out walking.*

Q: Will I be able to speak English most places I go? ( USA )

A: *Yes, but you will have to learn it first.*

## BURNT BISCUITS . . .

When I was a kid, my mom liked to make breakfast food for dinner every now and then. And I remember one night in particular when she had made breakfast after a long, hard day at work.

On that evening so long ago, my mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed!

Yet all my dad did was reach for his biscuit, smile at my mom, and ask me how my day was at school.

I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that biscuit and eat every bite!

When I got up from the table that evening, I remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said: "*Honey, I love burned biscuits.*"

Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "*Your Momma put in a hard day at work today and she's real tired. And besides - a little burnt biscuit never hurt anyone!*"

Life is full of imperfect things.....and imperfect people. I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else.

But what I've learned over the years is that learning to accept each other's faults - and choosing to celebrate each other's differences - is one of the most important keys to creating a healthy, growing, and lasting relationship.

And that's my prayer for you today. That you will learn to take the good, the bad, and the ugly parts of your life and

lay them at the feet of God. Because in the end, He's the only One who will be able to give you a relationship where a burnt biscuit isn't a deal-breaker!

We could extend this to any relationship. In fact, understanding is the base of any relationship, be it a husband-wife or parent-child or friendship!

*"Don't put the key to your happiness in someone else's pocket - keep it in your own."*

Now please pass me a biscuit, and yes, the burnt one will do just fine.!?!?!!

And PLEASE pass this along to someone who has enriched your life ... I just did!



**YOU MAY REMEMBER . . . .**

*You may remember ( if you're old enough) the old Jewish Catskill comics of days gone by . . . Shecky Green, Red Buttons, Totie Fields, Milton Berle, Henny Youngman, and others. Don't you miss their humor? Not one single swear word in their comedy. Here are some examples:*

There was a beautiful young woman knocking on my hotel room door all night! I finally had to let her out.

A car hit an elderly Jewish man. The paramedic says, "Are you comfortable?" The man says, "I make a good living."

I just got back from a pleasure trip. I took my mother-in-law to the airport.

I've been in love with the same woman for 49 years. If my wife ever finds out, she'll kill me!

What are three words a woman never wants to hear when she's making love? "Honey, I'm home!"

Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did.

We always hold hands. If I let go, she shops.

My wife and I went back to the hotel where we spent our wedding night, only this time I stayed in the bathroom and cried.

I was just in London - there is a 6-hour time difference. I'm still confused. When I go to dinner, I feel sexy. When I go to bed, I feel hungry.

The Doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!"

Patient: "I have a ringing in my ears."  
Doctor: "Don't answer!"

A drunk was in front of a judge. The judge says, "You've been brought here for drinking."  
The drunk says "Okay, let's get started."

Why do Jewish divorces cost so much? They're worth it.

Why do Jewish men die before their wives? They want to.

I wish my brother would learn a trade, so I would know what kind of work he's out of.

The Harvard School of Medicine did a study of why Jewish women like Chinese food so much. The study revealed that this is due to the fact that Won Ton spelled backward is Not Now.

There is a big controversy on the Jewish view of when life begins. In Jewish tradition, the fetus is not considered viable until it graduates from medical school.

A man called his mother in Florida , "Mom, how are you?"  
"Not too good," said the mother. "I've been very weak."

The son said, "Why are you so weak?"  
She said, "Because I haven't eaten in 38 days."

The son said, "That's terrible. Why haven't you eaten in 38 days?"  
The mother answered, "Because I didn't want my mouth to be filled with food if you should call."

A Jewish boy comes home from school and tells his mother he has a part in the play.

She asks, "What part is it?"

The boy says, "I play the part of the Jewish husband."

The mother scowls and says, "Go back and tell the teacher you want a speaking part."

## MORE GIGGLES FOR YOU . . .

One December day we found an old straggly cat at our door. She was a sorry sight. Starving, dirty, smelled terrible, skinny, and hair all matted down. We felt sorry for her, so we put her in a carrier and took her to the vet.

We didn't know what to call her so we named her '*Pussycat.*' The vet decided to keep her for a day or so. He said he would let us know when we could come and get her.

My husband (the complainer) said, '*OK, but don't forget to wash her, she stinks.*' He reminded the vet that it was his WIFE (me) that wanted the dirty cat, not him. My husband and my Vet don't see eye to eye. The vet calls my husband '*El-Cheap-O,*' and my husband calls the vet '*El-Charge-O.*' They love to hate each other and constantly 'snipe' at one another, with my husband getting in the last, nasty, word on that particular occasion.

The next day my husband had an appointment with his doctor, who is located in the same building, next door to the vet.

The MD's waiting room and office was full of people waiting to see the doctor. A side door opened, and the vet leaned in ..... he had obviously seen my husband arrive.

He looked straight at my husband and in a loud voice said, "*Your wife's pussy doesn't stink any more. We washed and shaved it, and now she smells like a rose. Oh, and, by the way, I think she's pregnant. God only knows who the father is!*"

Then he closed the door.

Now THAT, my friends, is getting even!

— — — — —

Lena is pregnant with Ole's child. Late one night, Lena vakes Ole and says, '*I tink it's time!*'

So Ole fired up the Yohn Deere tractor and took her to the hospital to have their first baby.

She had a little boy, and the doctor looked over at Ole and said, '*A son!*'

*Ain't dat Great!*' Well, Ole got excited by dis, but yust den the doctor spoke up and said, '*Hold on! We ain't finished yet!*' The doctor den held up a little girl. He said, '*Hey, Ole! You got you a daughter!*' *She's a pretty little ting, too.'*

Ole got kind of puzzled by this, and then the doctor said, '*Holey Moley, Ole we still ain't done yet!*' The doctor then delivered another boy and said, "*Ole, you yust had yourself another boy!*"

Ole was flabbergasted by this news!

A couple days later, Ole brought Lena and their three Children home in the self-propelled combine.

He was real Serious and he asked Lena , '*How come we got tree on the first try?*'

Lena said, '*You remember dat night we ran out of Vaseline, and You vent out in the garage and got dat dere 3-in-1 Oil?*'

Ole said, '*Yeah, I do.. yumpin yimminy!* *It's a dam good ting I didn't get the WD-40!!"*

— — — — —

Two old farmers are drinking at a bar in a small town in Saskatchewan, somewhere north of Saskatoon.

Ivan says, "*Did you know that Lions have sex 10 to 15 times a night!*"

"*Ah, shit.*" says Boris. "*I just joined the Kinsmen*".

## THE WOODEN BOWL

The frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess.

*"We must do something about father,"* said the son. *"I've had enough of his spilled milk, noisy eating, and food on the floor."*

So, the husband and wife set a small table in the corner. There, the grandfather ate alone while the rest of the family enjoyed dinner without him. Since Grandfather had broken a dish or two, his food was now served in a wooden bowl. When the family glanced in grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old grandson watched it all in silence.

One evening before supper, the father noticed his son playing with scrap pieces of wood on the floor. He asked the child sweetly, *"What are you making?"* Just as sweetly, the boy responded, *"Oh, I am making a little bowl for you and mama to eat your food in when I grow up."* The four-year-old then smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took grandfather's hand and gently led him back to the family table.

For the remainder of his days, he ate every meal with the family. And for some reason, neither the husband or the wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned from this story that no matter what happens, how bad it seems today, life does go on and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he or she handles four things: A rainy day, the elderly, lost luggage and tangled Christmas tree lights. I've learned that making a *"living"* is not the same thing as making a *"life."*

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back sometimes.

I've learned that if you pursue happiness, it will elude you. But, if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day, you should reach out and touch someone. People love that human touch – holding hands, a warm hug or just a friendly pat on the back.

I've also learned that I still have a lot to learn.

— Author Unknown

**Moral:** You reap what you sow. Regardless of your relationship with your parents, you'll miss them when they're gone from your life. Always Respect, Care for and Love them.

**LAUGH EVERY DAY . . . .**

A Texan farmer goes to Australia for a vacation. There he meets an Aussie farmer and gets talking.

The Aussie shows off his big wheat field and the Texan says, "*Oh! We have wheat fields that are at least twice as large*".

Then they walk around the ranch a little, and the Aussie shows off his herd of cattle. The Texan immediately says, "*We have longhorns that are at least twice as large as your cows*".

The conversation has, meanwhile, almost died when the Texan sees a group of kangaroos hopping through the field. He asks, "*And what are those*"?

The Aussie replies with an incredulous look, "*Don't you have any grasshoppers in Texas*"?

One day this old lady walks into the doctor's office and is shown into a room. When the doctor comes in and asks what the problem is she answers, "*I have awful gas, but it doesn't bother me. You see, it's completely silent, and doesn't smell at all.*"

So, the doctor, after examining her thoroughly gives her some pills and tells her to take one every day and come back in a week. So, the old lady comes back, and when the doctor asks if her problem is any better she replies, "*Well I don't know what you gave me but now my gas smells terribly!*"

The doctor replies "*Well now that we've got your sinuses cleared up let's work on your hearing!*"

Dogs are the leaders of the planet.

If you see two life forms, and one of them is making a poop, while the other one's carrying it for him, who would you assume is in charge...

According to "*Men's Health*" magazine, 71% of men feel their dog understands them at some telepathic level. That's because men and dogs have the same interests ~-> eat, sleep, play ball, and hump.

Marlene took her car to her mechanic. She told him '*Every time I take any of my friends out in my car, after a while there is this terrible smell!! It never happens when I am driving alone!!!*'

This intrigued the mechanic, so he said, '*OK, let's go for a spin and see what the problem is.*' Off they went.

She drove down a one-way street in the wrong direction at 70 MPH, swerving, hitting the curb on both sides of the street, narrowly missed three pedestrians in pedestrian crossings, ran several red lights, and just missed a policeman on street traffic duty. Then, they returned to the shop, and she said, '*There it is now... there's that terrible smell! Can you smell it?*'

"*Smell it? Lady, I'm sitting in it!!*"



Have a wonderful day  
and laugh often

## LOVE MAKING TIPS FOR SENIORS



***THE FOLLOWING ADVICE CONTAINS ADULT MATERIAL – READ IT, THEN IMMEDIATELY DELETE IT!***

1. Wear your glasses. Make sure your partner is actually in the bed.
2. Set timer for 3 minutes, in case you doze off in the middle.
3. Set the mood with lighting. (Turn them ALL OFF!)
4. Make sure you put 911 on your speed dial before you begin.
5. Write partner's name on your hand in case you can't remember.
6. Keep the polygrip close by so your teeth don't end up under the bed.
7. Have Tylenol ready in case you actually complete the act.
8. Make all the noise you want... The neighbors are deaf too.
9. If it works, call everyone you know with the good news.
10. Don't even think about trying it twice.

## FROM YOUR EDITOR MARDI . . .



Well . . . I would venture to say our Autumn has arrived . . . let's welcome it with open arms, a clean mask and a nice cold one with friends!!

As I always tell our loyal Buzz readers, quite often I repeat an article, item or joke, and I have done so in this September issue. I did this only because I felt that they deserved to be repeated and absorbed once again!!

I also welcome your input so please do not hesitate to contact me if you have any items you think our readers would enjoy!

So, my wish is that you continue to enjoy The Buzz each and every month!!

Enjoy the sunshine and watch for falling leaves! Autumn is a beautiful time of year!

**Your Editor  
MARDI**

