



CHEAM VIEW – CHILLIWACK, AGASSIZ, and HOPE –BRANCH 2000

Newsletter date: 2017 January

Branch Web Site: bcgreach.com

BCGRE Branch 2000 Cheam View

PO Box 2352, Sardis Station Main Chilliwack B.C. V2R 1A7

Luncheon Meetings 3rd Tuesday of each month – September to June at

Canton Garden Restaurant 45595 Yale Road Chilliwack

2016/2017 Executive

| | | |
|-------------------|-------------------------|-------------------------------------------------------------------------------------|
| <i>Chair</i> | <i>Peter Maguire</i> | |
| <i>Vice Chair</i> | <i>Richard Porcina</i> | |
| <i>Secretary</i> | <i>Dawn Stublely</i> | |
| <i>Treasurer</i> | <i>Lynne Burger</i> | |
| <i>Membership</i> | <i>Lynne Dennis</i> | <i>1 604 556 7399 or dennis93@telus.net</i> |
| <i>Directors</i> | <i>Norma Boisvert</i> | <i>treasurer back-up</i> |
| | <i>Ken Thompson</i> | <i>transportation</i> |
| | <i>Delores Hiles</i> | <i>speaker coordinator</i> |
| | <i>Joe Hahn</i> | <i>past chair</i> |
| | <i>Rob Bowden-Green</i> | |

Current Membership for Branch 2000 Cheam View – 170

FROM THE CHAIR:

Happy New Year to all of you. Last year, 2016 we saw some signs of brightness in and for our group. A few new members. You have a full and capable Executive ready to keep the Eastern Fraser Valley members in touch, Up-to-date and informed on issues suitable and useful for retirees. So this year I want us all to raise our antenna's higher. It is important for us to get information from media, Think tanks and groups such as ourselves. Pass our ideas and knowledge forward. As always, hope to see you at our lunch meetings. Come, meet and greet and enjoy our company. To conclude, stay safe and healthy,

Peter Maguire

Chairman

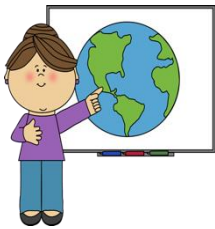
FINANCIAL STATEMENT NOVEMBER 2016:

Confirmed Bank Balance \$ 2,921.50

HAPPINESS CANNOT BE TRAVELED TO, OWNED, WORN OR CONSUMED.

HAPPINESS IS THE SPIRITUAL EXPERIENCE OF LIVING EVERY MINUTE WITH LOVE, GRACE AND GRATITUDE.

DENIS WAITLEY



OUR SPEAKERS:

OCTOBER

Cruising

NOVEMBER

Peer Counselling

DECEMBER

Piano Music

Christmas Comedy



SANDRA PETERS



RACHEL DOUCETTE

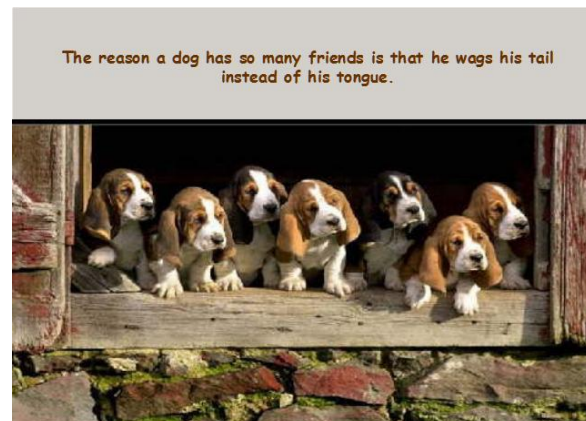
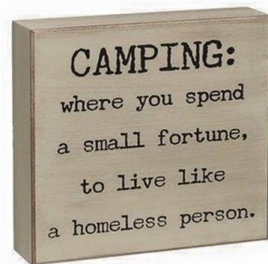
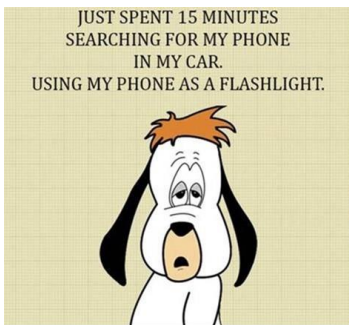


PAT TEICHGRAB



DELORES HILES & NORMA BOISVERT

SOME HUMOR



What can be swallowed, but can also swallow you?

Pride

Why is it so easy to weigh fish?

Because they have scales!

You're Canadian If:

- Pike is a type of fish, not some part of a highway
- You understand the sentence, "Could you please pass me a serviette, I just spilled my poutine."
- Someone accidentally stepped on your foot. You apologize.
- You measure distance in hours



Gardening with Jack Kouwenhoven

Digging the vegetable patch.

Jobs for the winter months tend to merge since they are generally carried out over a long period depending on the weather and other seasonal commitments. So, the digging, turning compost, hauling in manure, filling leaf mold bins planting, pruning etc., begun in October should continue until March, though the earlier it's done the better.

Some years we luck out and find a good digging opportunity in February. This being a late opportunity to dig in some well rooted or bagged manure.

For later digging we are more or less limited to use well-rotted compost or various bagged mixtures widely available from garden centers.

Remember that it always pays to buy the biggest bags possible, even if this is the whole season's supply.

Double digging:

Double digging is recommended for vegetable gardens that are being used the first time. It involves marking out a thirty-centimeter trench and digging out the top soil to a spades depth and placing it in a wheelbarrow.

Break up the subsoil with a fork, but avoid turning over this level. Fork in a liberal dressing of well-rotted manure, garden compost, mushroom compost or coarse organic matter.

Mark out another trench and throw the soil forward to fill the first. At the halfway stage, put in another layer of organic matter and then continue digging. For the final row replace the soil from the wheelbarrow.

The addition of the organic matter and the deep digging will have the effect of raising the soil level about 10-12 cm above the level of the paths. This will improve local drainage and aeration of the top layer and so dry out and warm up the soil, making an ideal medium for the healthy growth of plant roots.

So, even though subsequent cultivation consists only of single digging, the plant roots can penetrate deeply. That lessens the amount of competition from plants growing close together. Instead of spreading outwards roots can reach down. Because of the high fertility and deep soil, plants can be grown closer together too. Over the years, I have found that this method always doubles yields per square meter. This is of particular interest to those with smaller gardens or those preferring growing in patches.

I would hesitate using fresh manure, unless you want to create a hot-bed while it is rotting down.

Cover a few areas of the beds with a cloche or clear plastic to keep the soil dry and to warm it up for the earliest start for the season. This is of a particular benefit for square foot gardening. Some weeds could still be seeding, even at this time of year, so check the beds or borders and clean the ground thoroughly.



There's one good thing about snow, it makes your lawn look as nice as your neighbor's. - Clyde Moore

The philosopher who said that work well done never needs doing over never weeded a garden. - Ray D. Everson



THE PHANTOM CHEF

Ice Cream Cake

This can be made well ahead and frozen

CRUST

6 TBSP Butter

1 1/3 Cups graham cracker crumbs

FILLING

1 vanilla instant pudding powder – 4 serving size

4 cups milk

4 cups butter pecan ice cream, slightly softened

1 cup whipping cream

TOPPING

2 x 1 1/2 oz skor or heath candy bar, finely crushed or ground

Crust: Melt butter in saucepan. Stir in cracker crumbs. Pack into ungreased 10-inch spring form pan. Chill

Filling: Beat pudding powder with milk in large bowl until smooth. Fold in ice cream

Beat cream in small bowl until stiff. Fold into pudding mixture. Pour over crust.

Topping: sprinkle with crushed candy bars. Freeze. Remove from freezer 15 minutes before serving. Cut into 12 wedges.

PEANUT BUTTER CUPS

1/2 CUP SOFTEN BUTTER

1/2 CUP SMOOTH PEANUT BUTTER

1/2 CUP PACKED BROWN SUGAR

1/2 CUP WHITE SUGAR

1 EGG

1/2 TPS VANILLA

1 1/4 CUP ALL PURPOSE FLOUR

1 TPS BAKING SODDA

11/2 CUPBAKERS MINATURE CHOC. CHIPS

HEAT OVEN TO 325F.

BEAT BUTTER AND PEANUT BUTTER AND BOTH SUGARS UNTIL LIGHT AND FLUFFFY.ADD EGG AND VANILLA MIXING WELL. COMBINE FLOUR AND BAKING SODA AND ADD TO BUTTER MIXTURE. MIX WELL.

ROLL INTO 1 IN. BALLS (2.5)

PLACE IN LIGHTLY GREASED MINATURE MUFFIN PAN. BAKE FOR 12 TO 14 MIN.

REMOVE FROM OVEN AND PLACE 1 TPS OF CHOC. CHIPS INTO EACH CUP. ALLOW TO COOL SLIGHTLY AND REMOVE FROM MUFFIN PAN.

MAKES 42.

Change of Address – If your address, phone number or email contact address has changed please endure that you let the Branch Membership Chair know. The Pen is sent out from Nanaimo based on our current listing of your address. It is also very important that you notify the Pension Corporation of any changes.

A special thank you to all who generously contributed to this Issue!!