



# CHEAM VIEW - Chilliwack, Agassiz, And Hope - Branch 2000

Newsletter Date: 2016 June

Branch Web Site Address: [bcgreach.com](http://bcgreach.com)



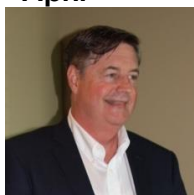
## Speakers and Guests February



Christine Rodrigues  
Life Change  
March



Gerry Eggert  
Income Tax  
April



Mike Miles  
Philanthropy/Community

## May

Tanya Werk  
Investors Group  
- Estate/Wills

## September -

## Special Topic ADVANCED CARE PLANNING

BCGREA Branch 2000 Cheam View

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

Luncheon Meetings 3<sup>rd</sup> Tuesday of each month September to June at  
Canton Garden Restaurant 45595 Yale Road Chilliwack

### 2015/2016 Executive and Contacts

Chair:	Peter Maguire	
Vice Chair:	Richard Porcina	
Secretary:	Dawn Stublely	
Treasurer:	Lynne Burger	
Membership:	Lynne Dennis	
Directors:	Norma Boisvert	treasurer back-up
	Ken Thompson	transportation
	Delores Hiles	speaker coordinator
	Joe Hahn	past chair
	Rob Bowden-Green	

### Current Membership for Branch 2000 Cheam View – members 167

#### From the Chair – Peter Maguire

I am particularly pleased to be able to address the members for another time.

Our year was challenging and some tough times and issues for a few members.

We can say they weathered the storm. The results were supported by all with support and good thoughts.

This group is strong, friendly and joy to be a part off. A strong core in your executive make my task a pleasure.

A new executive member will sit with us for the coming year and I will be looking forward to his presence as I hope you will.

To our members, I wish you all a safe and healthy summer. Play safe and have fun. See you all in September.

Peter.

#### Cheam View Branch BCGREA 2000 Financial Statement April 2016

May 2016 Opening Balance      \$3171.94

Income – interest .03, dues rec'd 18 @ \$20.00 = \$360.00, 50/50 \$17.00,

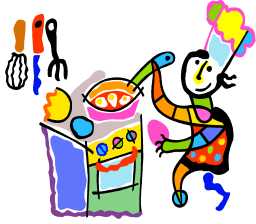
Donation \$17.00 Meals collected = \$286.00 TOTAL \$680.03

Expenses – L. Dennis Expenses – stamps etc – \$61.50.

Canton – meals 27 including 1 guests \$297.00 = \$358.50

Balance \$3493.47 – Bank Balance Stmt \$3492.47. Error \$1.00 either I gave Incorrect change or lost it?

**Plan to attend Our Sept Meeting to hear about Advanced Care Planning. Attending members & guests to receive a copy of the BC Gov't/Min of Health/Fraser Health publication, Advance Care Planning Guide "My Voice, expressing my wishes for future Health Care Treatment" compliments of the BCGREA Branch 2000. This publication, if ordered is \$9.00 each. Additional copies will be avail while they last at \$1.50 ea.**



## The Phantom Chef

### Orzo Pasta Salad with Artichokes, Cherry Tomatoes and Basil

Rice shaped orzo pasta makes a nice base for this Mediterranean Style salad.

1 cup orzo pasta  
1 (14 oz) can artichoke hearts, drained well and sliced  
3 tbsp olive oil  
2 tbsp fresh lemon juice  
1 to 2 garlic cloves, crushed  
8 to 10 cherry tomatoes, each halved or quartered  
¼ cup fresh basil  
1/3 cup pitted black olives, coarsely chopped  
125 grams feta cheese, crumbled (roughly 1 cup)  
Salt and freshly ground black pepper to taste

Boil the orzo pasta until just tender, about 7 to 8 minutes. Drain well, cool in ice-cold water, drain well again and place in a bowl. Add remaining ingredients And toss to combine. Cover and refrigerate until ready to serve. Gently toss the Salad again just before serving.

### Two Items from Aging Horizons Bulletin a Bimonthly newsletter

At [aginghorizons.com](http://aginghorizons.com)

## **THE GREAT SPIRIT PRAYER**

Oh, Great Spirit, whose voice I hear in the wind, whose breath gives life to all the world. Hear me; I need your strength and wisdom.

Let me walk in beauty, and make my eyes ever behold the red and purple sunset.

Help me to remain calm and strong in the face of all that comes towards me.

Let me learn the lessons you have hidden in every leaf and rock.

Make me always ready to come to you with clean hands and straight eyes.

So when life fades, as the fading sunset, my spirit may come to you without shame.

Note: This is the abridged version of The Great Spirit Prayer, by Yellow Hawk, Sioux Chief

## **An Aging World**

The world is aging fast. By 2030 there will be more people over 60 than under 10. Already there are more adults over 60 than children under five.

Even though the World Health Organization has called global aging a success story for humanity, western societies tends to equate age with decline. Yet the old are claiming another story: age can be a time of renewal with benefits for *people of all ages*.



## Resource For Low Income

---

Volunteers at Rosedale United Church have a "Seniors and Community Outreach". We have furniture and all shapes and sizes of household items you may need from cutlery to washing machines.

We always get "new to us" items, so inventory is always changing.

We give items to those in need. We sell items to those who can pay something. We accept certain items.

We volunteer Tuesday mornings from 0900-noon at 51375 Yale Road-just east of McGrath Road.

BCGRE member, Norma Jean Boisvert, is usually there.

You may call me @604 793 3948 during daylight hours. Cheers!

In a convent in Ireland, the 98-year-old Mother Superior lay dying. The Nuns gathered around her bed trying to make her last journey comfortable. They tried giving her warm milk to drink but she refused it. One of the nuns took the glass back to the kitchen. Then, remembering a bottle of Irish Whiskey that had been received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk.

Back at Mother Superior's bed, they held the glass to her lips. The frail Nun drank a little, then a little more and before they knew it, she had finished the whole glass down to the last drop.

As her eyes brightened, the nuns thought it would be a good opportunity to have one last talk with their spiritual leader.

"Mother," the nuns asked earnestly, "Please give us some of your wisdom before you leave us"

She raised herself up in bed on one elbow, looked at them and said: "DON'T SELL THAT COW."

A smile - is a sign of joy. A hug - is a sign of love. A laugh - is a sign of happiness. And a friend like you? - Well that's just a sign of good taste!!

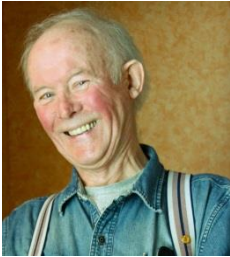
**A paraprosookian is a figure of speech in which the latter part of**

**a sentence is unexpected and oft times very humorous.**

- If I had a dollar for every girl that found me unattractive, they'd eventually find me attractive.
- I find it ironic that the colors red, white, and blue stand for freedom, until they're flashing behind you.
- Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.
- Artificial intelligence is no match for natural stupidity.
- I'm great at multi-tasking--I can waste time, be unproductive, and procrastinate all at once.
- If you can smile when things go wrong, you have someone in mind to blame.
- Take my advice — I'm not using it.
- My wife and I were happy for twenty years; then we met.
- Hospitality is the art of making guests feel like they're at home when you wish they were.
- Behind every great man is a woman rolling her eyes.
- Ever stop to think and forget to start again?
- Women spend more time wondering what men are thinking than men spend thinking.
- He who laughs last thinks slowest.

Many thanks for Jokes from Richard Porcina!

## **Gardening with Jack Kouwenhoven - Pruning Spring Flowering Shrubs**



In order to maintain a shrub's intended shape a thinning method of pruning is required. By no means will I attempt to describe every situation in this limited space.

By merely stating to prune shrubs, we are generalizing. Some of us understand pruning as giving a shrub a haircut. In general, this is not the right remedy in all cases.

Exceptions are where the shrub is planted in the wrong place i.e. in front of a window. In this case one must consider the species growth habit.

This practice can result in creating a thick bush that is very difficult to remove older wood from. It can become so dark inside the crown that new growth's only choice is to shoot skyward, leaving bare legs at the bottom. I am sure we have all seen this sort of display in older gardens in Chilliwack.

On the other end of the scale is the ridiculous pruning of the Memorial Hydrangeas at the Chilliwack Middle School. They are cut back hard each year so they have no chance to ever flower.

This has bugged me for years. Pruning flowering shrubs is not generally understood. For most species this means removing one third of the older shoots to as close to the ground as possible, after the second year of growth and thereafter.

This should be done the minute the flowers fade. If we wait too long we will be cutting out new growth and potential flower buds. In this group fall some common shrubs like Abelia, Deutzia, Flowering red currant (Ribes). Forsythia, Kerria Japonica Pleniflora, except for Kerria Variegata only remove old and dying wood. Beautybush (Kolkwitzia Amabilis). Leucothoe, Philadelphus, Potentilla, Rosemarinus and Lonicera nitida (shrubby evergreen honeysuckle)

Follow this by giving the shrubs a good shot of nitrogen to stimulate new bud growth for next year's flowers.

Shrubs requiring little or no pruning include Hibiscus Syriacus, Hamamelis (Witch Hazel), Camelia, Callicarpa, Skimmia, Spiraea, Syringa (Lilac), Viburnum, Pieris Japonica ( I cut ours after the first flowering to get the red foliage for a second time). From the foregoing occasionally remove long shoots or branches. Pyracantha, (firethorn), Winter Jasmine, trim or train as required, Photinia can be cut back moderately hard. Mahonia, (Oregon Grape). Remove terminal clusters of foliage after flowering to encourage side growth.

Now the ones that the growth is cut to near ground level in late winter before flowering include:

Hardy Fuchsia, Spiraea Anthony Waterer, Cornus Alba types, i.e. C.a. Flavoramia, Elegantissima and Oxidentalis (other Cornus need no pruning). Salix (ornamental shrub Willow and Buddleja to 4".

A tricky one is Lavatera Barnsley, cut all shoots produced in spring and summer to within 2" in mid to late spring to encourage strong flowering shoots. This prevents the shrub from dying out. It is important to wait until new growth begins.

This is definitely not the whole story. There are more variables. Consider some questions if you are not clear on this. Flowering shrubs are one of my favourite subjects. I grow quite a few of them. They add a lot of interest to a garden, whether in mixed plantings or stand alone.

Q. How can you avoid that terrible curse of the elderly wrinkles?

A. Take off your glasses.

Q. Why should 60 plus drivers use valet parking?

A. Valets don't forget where they park your car.

Q. As people age, do they sleep more soundly?

A. Yes, but usually in the afternoon.

Q. What is the most common remark made by 60- plus year olds when they enter antique stores?

A. "Gosh, I remember these!"

Many thanks for Questions from Lexa Fehr!

Q: I'm tall when I'm young and I'm short when I'm old. What am I?

A: A candle.

Q: What occurs once in a minute, twice in a moment and never in one thousand years?

A: The letter M.

Q: They come out at night without being called, and are lost in the day without being stolen. What are they?

A: Stars!

Children and Grandchildren of BCGREA members are eligible to apply for Johnson Inc. Scholarships. 50 Scholarships are offered (valued at \$1000 each). Application deadline August 31, 2016. For eligibility criteria visit [johnson.ca/scholarship](http://johnson.ca/scholarship)

Please Note that THE PEN, our pensioned employees

Newsletter is available electronically. Access is available through the BCGREA web site [www.bcgrea.com](http://www.bcgrea.com) and is open to all with computer access who would like to take a look. Previous issues of The Pen are also available.

If you wish to receive The Pen electronically rather than by mail, please let your membership chair know.

Wandering through [www.bcgrea.com](http://www.bcgrea.com) is often worthwhile. Links are provided to sites relevant to BCGREA retirees.

## **GOODWILL AND TRANSPORTATION**

If you know of any member who is hospitalized, sick, ill or injured please advise Ken @ 604 847 9695.

If you or someone you know needs transportation to our meetings, please advise Ken Thompson 604 847 9695

## **CHANGE OF ADDRESS - How do I report a change of address?**

If your address, telephone number and/or email contact address has changed please ensure that you forward the changes to the Branch Membership Chair @ 604 824 1764 or [dennis93@telus.net](mailto:dennis93@telus.net). The Pen is sent out from Nanaimo based on our current listing of your address. It is also very important for you to notify the Pension Corporation of any changes.

## **PAYMENT OF DUES**

Can I arrange to have my dues paid without writing a cheque each year? Yes - for the year 2017 and ongoing.

**Editor's Note:** I hope this newsletter will be as informative and interesting to members as possible.

A special thank you to those who generously contributed to this issue. Please let me know of any items of interest for the next Issue. Lynne Dennis

604 824 1764