



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

Newsletter Date: 2016 October

Branch Web Site Address: bcgreach.com



Speakers and Guests
June –

Connect Hearing



Angela Gronbeck-Jones
Garry Kranje

September –

Special Topic
ADVANCED CARE
PLANNING



Dawn Stublely with
Cari Hoffman BA,BSW,RSW
Project Implementation
Coordinator from Fraser
Health

BCGREA Branch 2000 Cheam View

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

Luncheon Meetings 3rd 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 168

From the Chair – Peter Maguire

Hello to all members,

Hope all is well with everyone and you all had a good Summer.

Belated Thanksgiving wishes to you also. A new year has arrived for myself and the rest of your Executive. Good to have all returning and with their help my task is very enjoyable.

Hope to see all for lunch from time to time. As always, myself and your Executive are a stones-throw away for help and conversation if the need be. Don't forget to check our WEB PAGE. Look after yourselves, your friends, family and neighbors.

Stay safe, healthy and talk soon.

Peter Maguire

Chairman.

"My memory is gone, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me...

"Your password is incorrect."

I am a nobody, nobody is perfect, therefore I am perfect.

I've learned That a smile is an inexpensive way to improve your looks.
I've learned That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

Cheam View Branch BCGREA 2000 Financial Statement

From July 2015 to June 30 2016

OPENING BALANCE July 1 2015

2,734.77

Receipts

Branch Dues	1180.00	
Raffle Collected (50/50)	148.75	
Donations & Interest (incl. picnic refund)		96.98
DCO from Head Office	848.00	2273.73
BALANCE	5,008.50	

Disbursements

Transfer to Prov. Body	660.00		
Membership Dues & Fees (COSCO)		140.00	
Office	99.44		
Postage & Box Rental	254.32		
Socials: Guest speakers Meals, Christmas			
Lunch Top-Up Entertainment & Gratuities	361.00		
Newsletter, Membership Expenses & Cards		119.66	
Miscellaneous Expenses	0.00		
Meetings & Travel	271.00	1905.42	
CLOSING BALANCE AS AT JUNE 30 2016		3,103.08	
Reconciliation			
Bank Open July 1, 2015	2734.77	Bank Close June 20 2016	3103.08
SURPLUS	368.31		

The Phantom Chef

Onion Shortcake

½ cup Margarine or Butter

2 Large Onions, Sliced

2 Cups of Grated Cheddar Cheese (Divided in 2)

8 Oz. sour cream

¼ Cup minced fresh dill

¼ tsp. Salt

1 Egg

1 Package Corn Muffin Mix (8 oz)

1 can cream style corn (14 oz)

½ cup milk

4 drops tabasco

Preheat Oven to 425 Butter a 2 ½ quart baking dish and set aside

In skillet heat onions and butter till translucent. Remove from heat and add ½ of cheese, sour cream, dill, salt – set aside. (cheese mixture)

In bowl beat egg. Stir in muffin mix, corn, milk and tobacco.

Spread in baking dish. Top with cheese mixture, and sprinkle with Remaining cheese. Bake 35 – 40 minutes or until top is golden and mixture is bubbly. Can be made a day ahead.



JAMAICAN MEAT PATTIES Makes 16 Patties

1 TBSP OLIVE OIL

6 SCALLIONS, CHOPPED

3 CLOVES GARLIC, MINCED

1/2 LB. GROUND BEEF

3 /4 CUP DRY BREAD CRUMBS

2 TSP CURRY POWDER

1 TBSP CHOPPED JALAPENO PEPPER

1/2 TSP SALT

1/2 TSP PEPPER

PIE DOUGH

1 EGG LIGHTLY BEATEN -

OTHER SPICES SUGGESTED, CUMIN, GINGER, TURMERIC, CORIANDER.

IN A SKILLET, HEAT OIL OVER A MED. HEAT AND ADD

SCALLIONS AND GARLIC, COOK UNTIL SOFT. ADD BEEF AND BROWN FOR 6 TO 8 MIN. STIR IN CRUMBS, CURRY, JALAPENO, SALT, PEPPER, AND OTHER SPICES WITH 1/2 CUP OF WATER.

COOL. PREHEAT OVEN TO 400F.

ON A FLOURED SURFACE ROLL A PIECE OF DOUGH INTO

A 12 IN. CIRCLE. WITH A 4 IN. COOKIE CUTTER, CUT OUT 16 CIRCLES.

PLACE 1 HEAPING TBSP OF FILLING ON 1/2 OF EACH CIRCLE.

BRUSH EDGES WITH WATER AND FOLD DOUGH OVER

FILLING, CRIMPING WITH A FORK.

PLACE ON BAKING SHEET. BEAT EGG AND 1 TSP OF WATER.

BRUSH OVER PATTIES AND BAKE UNTIL GOLDEN BROWN. Just like pie crust the time depends on your oven. You need to watch them – 10 minutes or so.



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. BCGREA member Norma Jean Boisvert is usually there.

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

What English word has 3 double letters? Answer: Bookkeeper

What comes once in a minute, twice in a moment but never in a

Thousand years? Answer: the letter M

A barrel of water weighs 20 lbs. What must you add to make it weigh 12 lbs?

Answer: holes



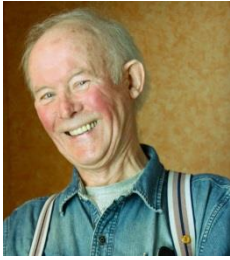
Sometimes, you just need to take a fresh new look and get a different perspective on things.



And you'll get by with a little help from your friends!

THANKS Richard Porcina

Gardening with Jack Kouwenhoven



Putting our **Putting our vegetable gardens to bed.** With *Jack Kouwenhoven*

Weed control: Now that the fall weather really has arrived the vegetable garden becomes irrelevant for all but the avid gardener who knows this is a good time to look for and pull out weeds from the beds. This practice could really start in September when weeds flourish and cast millions of seeds. Weeds like Groundsel, Bean weed, Heal all, Black medoc, Lambs quarters, Oxalis et al, only stop growing during freezing weather, only to start up again after thawing, in a year round cycle. When pulling these weeds they should be carried out of the plot since they will once again take root if they are left on the ground. Sheppard's purse and "popweed" are very invasive, although easy to pull but very time consuming. Right now the worst pesky weed is barnyard grass. It seems to be ignored by a lot of gardeners, thinking, oh well it's on the path.

Soil amendments: If you plan to use farmyard manure, the fall is a good time to apply it. Spreading the product over a roughly dug-over plot most effectively does this. The weather will take care of it over the winter. Should you wish to apply compost, this is more beneficially done in the spring. Applying bark mulch or sawdust or shavings directly to the soil is not recommended for a vegetable garden. For clay and heavy silt loam soils add organic matter, add organic matter and add organic matter. Composted leaves and straw or mushroom compost make good soil amendments. Never attempt to add river silt to these types of soils. They will react like concrete. Contrary to common believe shaded parts of a garden bed need more amendments or fertilizer than do fully exposed to the sun plots.

Cover crops: Cover crops are a very effective way to add organic matter to the soil. For interim crops on early open spaces Buckwheat is recommended, this pulls out easily, then replace it with fall rye or Re-juvenate; say between mid-September and early October. Cover crops prevent weeds, maintain a green colour, prevent soil compaction and erosion and bring up leached-out nutrients to the top. It acts as a partial crop rotation. Dig this in about a month before starting the garden.

Spring Barley can also be used. It acts a little different. It freezes with the first hard frost and becomes a blanket of brown organic matter. You don't get the green, it reduces compaction and it is easier to work in.

Acting on some of the above will give you a good start on next season with happy little soil critters and far less weed problems.

Investment Advice for Turbulent Times:

Kindness pays HUGE dividends, materially and ethereally, forever and ever.

From I'm a Sonic Boomer - blog at <https://boomersnotsenior.blogspot.ca>

Have you ever taken a look at the things in your life and ask the following question?

Does this improve the quality of my life?

Right now, think of three things you could add to your life that would improve your quality of life.

Perhaps something like:

Exercising

Meditating / praying

Spending meaningful time with family or friends

Journaling

Reading more

Got three things? Good.

Now think of three things you could remove from your life that would improve your quality of life.

Got 'em? Excellent!

Why not pick one in each category and try it for a week? It doesn't have to be a permanent change - just do it for a week and notice the difference.

What stays in bed most of the day and sometimes go to the bank?

[A stream.](#)

Why do chickens lay eggs?

[If they drop them, they break.](#)

Why has no one ever spotted a leopard in Africa?

[Because leopards are already born with spots.](#)

What happened in the middle of the twentieth century that will not happen again for 4,000 years?

[The year 1961 can be read upside down and that won't happen again until 6009!](#)

Please Note that THE PEN, our pensioned employees

Newsletter is available electronically. Access is available through the BCGREA web site 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 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 @ 604 556 7399 or 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 – 604 556 7399 – it's an Abbotsford # so may need a 1 in front.