



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

Newsletter Date: 2017 JUNE

Branch Web Site Address: bcgreach.com



Speakers and Guests March



John Laflock
Importance of Art

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

2017/2018 Executive and Contacts

Our election was held Tuesday May 16th 2017

Chair:	Peter Maguire
Vice Chair:	Richard Porcina
Secretary:	Dawn Stubley
Treasurer:	Lynne Burger
Membership:	Lynne Dennis
Directors:	Norma Boisvert treasurer back-up
	Delores Hiles speaker coordinator
	Joe Hahn past chair
	Rob Bowden-Green COSCO rep
	Gord Griffeth Transportation

Current Membership for Branch 2000 Cheam View- 162_members –

April



Jim Macdonald
Chris Wilson
Emergency Planning

From the Chair – Peter Maguire

Hello fellow members,

Greetings from the Chair and to say thank you for your support in the past term. A big debt of gratitude to all the executive for their help and support as well.

I am looking forward to handling the duties as your Chairman for the up and coming year and hope to see everyone from time to time.

Hoping you are able to drop in at Chucks Place and say hello on the Third Tuesday of the month. Stay safe and take care of one another.

Peter.

Chairman.

May



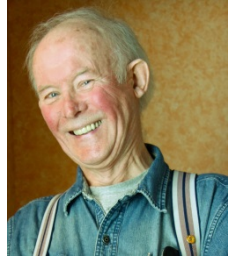
Dave Serblowski
CHWK Crime
Prevention Society

Hospitality is the art of making guests feel like they're at home when you wish they were.

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.

Gardening with Jack Kouwenhoven

Good reasons to use your hoe:



Weeding, root pruning, dust mulching and aeration—all with one pass of the hoe.

Cultivate peas & beans to bring on an earlier crop. The more you cultivate the sooner you'll have pods to pick.

The stirring up of the soil will allow the air to penetrate deeper onto the ground.

It's a fact that vegetables thrive in soils where the air can reach their root zone. Since the bacteria that live in the root nodules of peas & beans fix atmospheric nitrogen. The increased air may spur them into greater production

I used to prefer to apply mulch, but found it does not facilitate hoeing. Instead I created a slug problem. I also found that mulches of leaves or sawdust made the surface impermeable to water. After applying copious amounts of water the root zone did not receive any.

I now cultivate for easy water penetration and the important aeration.

Vegetables respond well with larger yields, especially after a light mulch of compost that is cultivated into the soil again by early July. This repeats aeration and the water penetration as I add humus and nutrients to the topsoil.

By early August I repeat the compost application
By cultivating shallower and staying away further from the plants as the season progresses to avoid damage to the roots.

The point is to work in such a way so only some secondary rootlets are disturbed.

When I worked in a local hardware store in the fifties, for twelve years I always wondered why so many farmers bought single wheel cultivators. They did not mulch in those days. Their aim was to break the capillary action in the soil. Now we use speedy hoes or Mantis cultivators.

In an uncultivated soil there is a constant capillary action going on.

Soils dry out not only because water goes down, but also capillary action pulls it up and out of the soil like a wick and a dry wind accelerates this.

When you work with a hoe it pulverizes the top few inches of soil, you create an effective barrier between the earth/air interfaces.

The upward water flow diminishes greatly when it hits the dry, loose dust acting as a soil insulator. The sun also gets dissipated in the dust layer so that the soil in the root zone stays a few degrees cooler.

Proper technique is important. The shuttle or "D" hoe is best because it works just as well backwards as forwards and slices off weeds just below the surface.

The wheeled cultivator worked fine when we grew long rows of everything, now my beds are designed so that I don't walk on the soil. You don't want footprints where you cultivated. Foot prints that compact the soil once it's been worked defeat the purpose of cultivation.

The best time to work is after a rain or watering.

The result of your work will be a better looking Garden, faster and bigger yields, and the satisfaction that comes from paying attention to the details that make the difference between merely good and the truly great.
Jack



CHEAM VIEW BRANCH BCGREA #2000

Financial Statement APRIL 2017

APRIL 1, 2017 Opening Balance \$ 2,733.68

2 Income

a) March Interest on April Statement	\$ 0.02
b) 50/50	\$ 12.00
c) Meals Collected	\$ 198.00
d) Dues @ \$20.	\$
e) Dues Check Off from HQ	\$ 888.00

TOTAL INCOME \$ 1098.02

BALANCE \$ 3,831.70

Expenses:

3 a) Ck # 0175	P Maguire - Presentation Expenses	\$ 61.22
b) Ck # 0176	P Maguire - Presentation Expenses	\$ 64.96
c) Ck # 1077	Canton 18 meals	\$ 198.00

TOTAL EXPENSES \$ 324.18

BALANCE \$ 3,507.52

4 CONFIRMED BANK BALANCE \$ 3,507.52

Aging by the Numbers

Two people every second celebrate their 60th birthday.

By 2050, the global population of those aged 60 and older will reach 2.1 billion.

The fastest growing age cohort is those 80 and older.

Today, a 10-year-old born in Canada, Italy, France or the United States has a 50 per cent chance of living to at least 104 years.

Between 2000 and 2015, the number of people aged 60 and older increased by 68 per cent in urban areas, compared to a 25 per cent increase in rural areas.

Source: AARP International – The Journal 2017



THE PHANTOM CHEF

HEARTY CHEESE POCKETS

HAM, CHICKEN, TURKEY OR BEEF
2 OZ. (1/2 CUP) SHREDDED CHEDDER CHEESE
2 OZ. (1/2 CUP) SHREDDED SWISS CHEESE
1 CUP SHOPPED COOKED MEAT
1/4 CUP CHOPPED GREEN OR RED PEPPER
1/2 TPS. DRIED BASIL LEAVES
1 10 OZ. CAN PILSBURY REFRIGERATED PIZZA CRUST

HEAT OVEN TO 425. GREASE COOKIE SHEET. IN A BOWL COMBINE ALL INGREDIENTS, AND MIX WELL. UNROLL DOUGH, PLACE ON GREASED SHEET. STARTING AT CENTER PRESS OUT DOUGH WITH HANDS TO 14 X 18. CUT INTO 4 7X7 RECTANGLES, SEPERATE SLIGHTLY. SPOON ABOUT 1/2 CUP OF MIX ONTO 1/2 SIDE OF EACH RECTANGLE, FOLD DOUGH OVER FILLING. PRESS EDGES WITH FORK TO SEAL. PRICK TOPS WITH FORK. BAKE AT 425 FOR 11 TO 16 MIN. OR UNTIL GOLDEN BROWN. BRUSH WITH EGG.

CINNAMON COFFEE CAKE

TOPPING

5 OZ. SEMI-SWEET CHOCOLATE CHIPS 150 G.
1/2 CUP CHOPPED PECANS
1/4 CUP BROWN SUGAR
1 TSP CINNAMON

CAKE

2/3 CUP SOFTEND BUTTER
1 1/2 CUPS GRANULATED SUGAR
2 EGGS
1 TSP VANILLA
2 CUPS MASHED RIPE BANNANAS
ABOUT 5 BANNANAS
3 CUPS FLOUR
2TSP BAKING POWDER
2 TSP BAKING SODA
1 CUP SOUR CREAM

IN A BOWL COMBINE CHOCOLATE, PECANS, SUGAR, AND CINNAMON. SET ASIDE.
GREASE A 13 X 9 BAKING PAN.

IN A LARGE BOWL BEAT TOGETHER BUTTER AND SUGAR UNTIL FLUFFY. BEAT IN EGGS ONE AT A TIME. BEAT WELL AFTER EACH ADDITION. STIR IN VANILLA AND MASHED BANNANA. IN A SEPARATE BOWL COMBINE FLOUR, BAKING POWDER, BAKING SODA. ADD FLOUR MIXTURE TO BANNANA MIXTURE ALTERNATELY WITH SOUR CREAM. STIR UNTIL BLENDED. SPOON INTO PREPARED BOWL AND SPRINKLE WITH TOPPING MIX. BAKE AT 350 F. FOR 50 TO 60 MIN. OR UNTIL TESTER COMES OUT CLEAN.



What asks but never answers?

An Owl.

What grows up while growing down?

A goose.

You answer me, although I never ask you questions. What am I?

A telephone.

Past mountain, meadow, field, and hill, it follows a river while standing still.

A riverbank.

Some months have 30 days, some months have 31 days; how many have 28?

They all do.

Special thanks to all the newsletter contributors!

Please Note that THE PEN, our pensioned employees Newsletter is available electronically. Access is available through our web site bcgreach.com and is open to all with computer access who would like to 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 executive member Gord Griffeth 604 793 3301

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 @ 1 604 556 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 2018 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.