



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

Newsletter date: 2017 March

Branch Web Site: bcgreach.com

BCGREA 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>	<i>COSCO (Council of Senior Citizen's Org)</i>

Current Membership for Branch 2000 Cheam View – 164

FROM THE CHAIR:

Hello members,

In my pursuit of the greater good, and role as your chairman. I took on a challenge. We will show The Provincial Executive and the other branch members throughout the province how we here in the Eastern Fraser Valley keep our branch together.

In my role as your Chairman, along with key members of the Executive, we give a verbal presentation on the floor of the Directors Meeting in Delta in April.

We will show them our Balanced and Diverse group. We will embrace and show the friendly attitude that comes from our monthly visits with each other.

It is with a great sense of pride, privilege and anticipation that I accepted this project. We here in Chilliwack can be proud of our group. We are always looking for ways to reach out to our members for a little better Quality of Life. In closing, I would like to wish you all a safe, healthy WORLD. Enjoy your spring and summer.

Take care everyone,

Peter Maguire

Chairman

FINANCIAL STATEMENT January 2017

Confirmed Bank Balance \$ 2,566.14



OUR SPEAKERS:

January



Information and

Change from Blue Cross to Green Shield Insurance –
Discussion – THANKS to our Chair Peter Maguire

February



Gerry Eggert – H & R Tax Consultant – Information and Questions

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age. – Sophia Loren

Forgiveness does not change the past, but it does enlarge the future. –Thanks Norma

A wise old man celebrating his 100th birthday got a visit from a local TV station reporter at the nursing home to interview him. “Are you able to get out and walk much?” the reporter asked. “Well, I certainly walk better today than I could a hundred years ago.” he answered.

Anyone who keeps the ability to see beauty never grows old. – Franz Kafka

You may enter, but you may not come in. I have space but no room, I have keys but open no lock –
What am I? A computer

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!!



Gardening with Jack Kouwenhoven

Growing Leeks

Leeks are a very hardy vegetable that is fairly easy to grow. Leeks are quite suitable for growing in a small garden. There are early and late varieties. The latter continues to grow all through the winter. They can be planted when other early vegetables are harvested.

Leeks always give you a nice change of flavour when other vegetables are used up. This is a very old vegetable dating back to early Egyptian times.

While traveling in Great Britain we soon found the importance of competitive leek growing for exhibiting by the number of trophies and photographs displayed at local pubs. It is the national emblem of Wales. The leeks are sown on the Welsh Guards regimental badges.

There are several different ways to cook them, including Vichyssoise and the famous Lancashire Cock-a-leeky soup. Our own favourite recipe is printed at the end.

The best way to grow leeks is in trenches. These should be about 20 cm deep with old manure or compost worked into the bottom. Cover the manure about 15 cm deep. Holes are made in the middle of the trench about 20 cm apart and 10 cm deep and one leek is dropped in each hole.

This sounds like wide spacing between the rows, but consider the amount of space needed for hilling up and keeping the rows weed free. It is best to trim the tops by 1/3 and the roots to half their length. This will stimulate vigorous root growth.

The holes are not filled in but a light watering does the trick while taking care not to hit the clipped ends directly for a few days. Then let the rain take care of the rest of the gradual filling. Should it stay dry just water them in gently or pull some soil into the trench. Keep the rows weed free and when good top growth happens, foliar feed them with fish or kelp emulsion every 2 weeks. If flower stems pop up pinch them out to prevent the plant from going to seed.

After about six weeks start blanching the stems by drawing soil around them. When a good length of stem has been blanched you can harvest a few at the time as required.

We can harvest leeks all through the winter in our maritime climate. Leeks can be allowed to stay in the ground for quite a long time without becoming coarse.

Planting them near the path is a good idea as winter harvest time is not always too favourable to step into the muddy patch.

If you have a garden and a library, you have everything you need. - Cicero

If tomatoes are technically a fruit, is ketchup a smoothie?

Mushroom, leek & potato soup.

3 leeks, white part only

1 lb (450 grams) potatoes

6 cups good stock (or chicken broth)

1 Tbsp of white wine vinegar

½ lb. (225 grams) mushrooms

Salt & pepper to taste

Parsley or other fresh herbs

Clean and chop the leeks, peel the potatoes if you like and dice them roughly. Sweat them in a non-stick pan with a ½ cup of stock and the vinegar for ten minutes, then add the rest of the stock (transfer to a larger pan, if necessary). Slice the mushrooms roughly and add to the pan. Simmer gently, covered, for 20 minutes or so until the potatoes are soft. Season to taste with salt and pepper. Serve garnished with chopped parsley. Variation: puree the soup before serving and swirl in a little low-fat yogurt. Serves four to six.



AN IRISH FRIENDSHIP WISH:

**May there always be work for your
hands to do**

May your purse always hold a coin or two

May a rainbow be certain to follow each rain.



Change of Address – If your address, phone number or email address has changed please ensure 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!