



***BRANCH 2000 Cheam View
Chilliwack, Agassiz, and Hope
BCGREA Website bcgre.ca May 2022***

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- . 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.
THANKS, Richard

Haiku poem by Barrie Davenport

This Tea

*why should I struggle
to seize life when all I need
is this cup of tea?*

CHEAM VIEW Branch 2000 Financial Statement

2022 March



Opening Balance \$4263.67

Income a) Interest on Account \$ 0.03
Total Income \$ 4263.70

Expenses a) L. Dennis – postage, envelopes, cards \$79.88

Opening Balance \$4263.67 **Confirmed Bank Balance \$4183.82**

Spring is Here – Remembering our Gardner Jack Kouwenhoven



Make your bed – garden beds, that is. Get your raised garden beds or in-ground areas ready for planting. There are four different types of prep to discuss: new raised beds, new in-ground areas, existing raised beds and in-ground areas. **Prepping New Raised Beds** is fairly simple. All you need to do is fill the beds with a good quality organic garden soil, preferably with some organic fertilizer mixed into it. We suggest adding some worm castings to the mix to promote microbe activity. This helps increase your plant's resistance to disease. **Prepping New In-Ground Areas** takes more work. Taking this spring gardening advice will save you work later in the gardening cycle. New in-ground areas must be turned over aggressively. You can use a flat garden hoe or a shovel, or if you have a large garden planned and/or hard soil, a rototiller. Have. Rather than buy one you may be able to rent. Once the soil is tilled, water it generously and follow that with regular watering every day for two weeks. This triggers germination in most of the weed seeds in the soil. When they sprout, you can pull them out. You plant. The amount of weeding you'll need to do during the growing season will be far less. **Existing Raised Beds and In-Ground Areas.** Both follow the same type of prep. First, take out any old plants and till the soil. Work in some fresh organic fertilizer and new worm casting. You're done! **Wrapping Up.** One thing to remember before starting your spring garden beds is location, location, location! Just one tip – your veggie garden will need to be in a location that receives enough sunlight throughout the day. From Kellogg Garden Products Free Garden Guide

Tips for Healthy Aging

- **Tap into your inner artist.** Ever wish you had a creative outlet? This may be the right time to sign up for a painting class or learn to play the trumpet.
- **Get moving.** It's ok to start small. Park your car further from a store's entrance or walk around the block with a friend. If you need more inspiration, consider investing in a pedometer to track your steps.
- **Balance your diet.** As people age, their bodies need more protein for muscle and overall health. You can add the recommended five to seven ounces of daily protein to your diet through a variety of lean foods like beans and nuts, fish, skinless chicken and eggs. Other high-nutrient foods include bright-colored vegetables (carrots and broccoli), deep-colored fruit (such as berries), and whole grains (like brown rice). At the same time, put down the salt shaker. This simple step can improve your cardiovascular health and lower your risk of stroke.
- **Have a positive outlook.** Smile often; it lightens your mood and can brighten the day of others around you. Results from a [Swedish study](#) demonstrated that when you smile, people treat you differently. And, more often than not, if you smile at someone, they'll smile [back](#).
- **Learn a new skill.** Always wanted to juggle? Are you intimidated by your new smart phone? Sign up for a class that will help boost your confidence.

Six rituals from *For Small Creatures Such as We*: A book written by Carl Sagan's daughter Sasha Sagan

Birth: Plant a tree to welcome a new baby. In the Balkans, people plant a quince tree.

Coming of age: *Seijin no hi* is a Japanese national holiday that celebrates all those who have turned 20 in the past year.

Death anniversary: In Judaism, there is a traditional candle lighting on the *yahrzeit* (death anniversary) of a loved one. These special candles burn for 24 hours.

Solstice: Ancient people of the Punjab region of India marked the solstice with a huge bonfire on Lohri. It is celebrated today in the middle of January and features children, who sing door-to-door for small treats.

Christmas: Many people around the globe love the feeling of Christmas. They celebrate it without ascribing religious significance to it.

Spring: One of Sagan's friends decorates eggs every spring to look like galaxies of deep space. While the eggs dry, her friend watches an episode of her parents' show, *Cosmos*.

The author also includes newly-minted rituals based on the traditions of Helena's ancestors from both sides of the family.

On a poignant note, Sagan shares the grief of separation from her father. She was only 14 when he died from a rare form of bone marrow disease, shortly after midnight on Dec. 20, 1996. He was 62.

In Chapter 10, Weddings, the author writes about visiting her father's grave and crying the morning of her wedding. On that sunny September day, she later walked down the aisle accompanied by her mother and her Grandpa Harry, carrying a bouquet wrapped with an old necktie of her father's.

Sagan's enchanting book inspires reflection about the wonder of our existence. It invites us to use rituals to connect with the beauty of the universe and the song of our own experiences.

CHANGE OF ADDRESS

How do I report a change of address? If your address, telephone number and/or email contact has changed please ensure that you forward the changes to the Branch Membership Chair @ 1 604 556 7399 or dennis93@telus.net. Our provincial support is now located in Victoria and the provincial newsletter - *The Pen* - is sent electronically to your email address. This is all based on our current listing of your addresses.

It is also very important for you to notify the Pension Corporation of any changes.

Please let me know of any items of interest for the next issue. Lynne Dennis dennis93@telus.net. I really appreciate all input. Unfortunately, space sometimes means I can only use some items.

