



# South Burnaby Garden Club

February 2017

## NEWSLETTER

Our next meeting will be:

Tuesday, February 7, 2017

Bonsor Community Centre

6550 Bonsor Avenue- 2nd floor



### CLUB AGENDA

**7:30 - 8:00 PM - Club Business**

**8:00 - 9:00 PM -Guest Speaker**

**9:00 - 9:20 PM -Show Bench**

Well it has been a very strange winter so far. We've had so much snow that some of us are worried we may have lost a lot of tender perennials. It was hard getting around in the ice and snow, but the sun was so nice to see every morning. It made me cheerful every day. Now that it's back to our normal rainy winter weather, I am really missing the sun.

We, particularly in the lower mainland, get a lot of very grey days in the winter and that can often lead to feeling blue, seasonal affective disorder (I am prone to this one), and sometimes depression. Since I retired from my full time job, I've been giving workshops on mental health as it applies to the workplace, and I thought I would bring some useful tips and information to our next meeting.

Part of taking care of ourselves in the winter involves our mental health but it also involves our physical health. As you probably know Syl teaches Tai Chi and she will bring a group to show us more about this very beneficial exercise that anyone can do in just 20 minutes a day (once you learn the steps of course). It is a great exercise for us that are starting to be a little bit older with many beneficial side-effects.

It's also our AGM so we'll be approving our 2017 budget. Come ready to talk about changes you might want to see. See you there.

Lucette



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## Sad News

Dear SBGC Friends,

Just a note to let you know that Margaret died peacefully in White Rock on [Nov. 26](#), at 96 years of age.

Thank you for continuing to send the bulletin to her while she resided in care homes over the past four and a half years. Two of her greatest pleasures in life were reading and gardening, and she was always happy to know the news of the club that she had belonged to almost half her life.

Below are a few sentences about her, If you wish to print a wee notice in the bulletin.

**Margaret Lawrence was an honorary life member who excelled at growing geraniums and fuchsias, although she loved all plants and marveled at the endless variety of forms and colours of both flowers and foliage. Her special forte was floral art, and her name can be found on several of the club's trophies. She especially cherished the many friends, old and young, that she made during her decades with the club.**

I have very fond memories of my own years as a member of the South Burnaby Garden Club. As you may know, I moved to Victoria last year, where I have found a warm welcome and many new friends in garden groups here. Gardeners are the most wonderful people!

Kindest regards to all,

Jean Lawrence





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## Thank You

Although our Christmas Party is just a memory now, we still are remembering the members who made it all possible. A very big "thank you" to Katherine Raadsheer & Sylvia Davis for organizing yet another very successful party. There is much advance planning & preparations that factor in to the event. There was also many other members that contributed in various ways to make our party a very "Jolly & Fun" event, "YOU know who you are... WE know who you are and we are all very grateful to you and offer you a very big round of applause !

We are always looking for suggestions for our next Xmas party, so if you have any ideas please contact Judy Vander.

## Congratulations To Our 15 Year Pin Recipient Ed Kinsley

Ed continues to be a contributing member of our club and his ongoing role of " raffle ticket seller" at our monthly meetings as well as volunteering at other events, is greatly appreciated by all.

## Congratulations To Our Parlor Show Trophy Winners

Betty Girard won the Wes Shannon Trophy ( for decorative) and Leanna Hawkins won the Pitman Show Bench Trophy. Well done ladies!

Many thanks to Lorna Herchenson who tallied the points. There is a lot of time involved in this and it is greatly appreciated.







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## Thank You John Chepil

John, we would like to thank you for the wonderful job you do to help advertise our club. We appreciate your expertise and your tireless efforts.

Below is a full page article on Paul & Judy Vander's garden that was published in a Chinese Newspaper. (Congrats to Paul the "Veggie King" and Paul's sidekick Judy)





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## CHEESY POLENTA SQUARES

### INGREDIENTS

- 2 tablespoons *butter*
- 2 teaspoons *dried thyme*
- 2 teaspoons *dried sage*
- 1/4 teaspoon *garlic powder*
- 1/4 teaspoon *salt and peppe*
- *Pinch nutmeg*
- 2 cups *sodium-reduced chicken broth*
- 1 cup *cornmeal*
- 1/3 cup *grated Parmesan cheese*
- 1/4 cup *shredded Gruyère cheese*
- 1/4 cup *sour cream*
- 1 tablespoon *Dijon mustard*
- 1 tablespoon *lemon juice*
- 2 tablespoons *olive oil*
- 2 tablespoons *chopped fresh parsley or fresh chives*

### METHOD

In saucepan, melt butter over medium heat; cook thyme, sage, garlic powder, salt, pepper and nutmeg, stirring, until fragrant, about 1 minute. Stir in broth and 1/3 cup water; bring to boil. Reduce heat to medium and gradually whisk in cornmeal; cook, stirring often, until thick enough to mound on spoon, about 5 minutes. Stir in Parmesan and Gruyère until melted, about 30 seconds. Remove from heat; stir in sour cream, mustard and lemon juice.

Scrape polenta into parchment paper– lined 9-inch (2.5 L) square cake pan, smoothing top. Let cool slightly, about 15 minutes. Refrigerate until firm, about 1 hour. (*Make-ahead: Refrigerate for up to 48 hours.*) Cut into generous 1-inch squares.

In large skillet, heat half of the oil over medium-high heat; cook half of the polenta, gently turning occasionally, until golden, about 5 minutes. Transfer to serving platter. Repeat with remaining oil and polenta. Sprinkle with parsley.

**Makes 10 to 12 servings.**

Source: Canadian Living Magazine: December 2016



## In The Kitchen

### Co-Captains

Margaret Matovich  
Shirley Bailey

### Goodies

Margaret Matovich  
Shirley Bailey  
Dan Oldroyd  
Leanna Hawkins





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## Sunshine



Get Well cards sent to  
Pat Humphrey, Judy Kearley , Ron  
Templeton, Judy Vander & sympathy  
card sent to Jean Lawrence

## It's Membership Renewal Time

Membership expires on March 31/16.  
Membership forms are available at meetings  
or on our website.  
Dues are \$17 for a single member or \$20  
for a family. Cheques should be made out  
to "South Burnaby Garden Club".

## Next Steering Committee Meeting

Betty Girard is Chair

Tuesday February 21 @ 7:00  
at Dan's home

Members are welcome to attend Steering  
Committee meetings as observers.

If you would like to attend please email  
the Committee at: [sbgcinfo@telus.net](mailto:sbgcinfo@telus.net)

## BC Council of Garden Clubs 2017 AGM

DATE: Saturday, March 25, 2017

TIME: 9:00 AM - 4:00 PM

LOCATION: Firefighters Banquet &  
Conference Centre  
6515 Bonsor Avenue  
Burnaby, BC V5H 3E8

## PLANT SALE REMINDER

Plant sale will be here before we know it! When  
weather permits, please have a look in your garden  
to see which plants might be suitable for dividing &  
make a note for future reference.

Deadline for  
March bulletin is  
February 23/17



2017 AGM of the BC Council of Garden  
Clubs Agenda includes reports from the  
Executive Board, elections for the positions  
of President, Second Vice-President,  
Secretary and Scholarship Committee.  
Guest speakers will be Julia Common from  
Hives for Humanity and Tasha Murray from  
the Invasive Species Council of Metro  
Vancouver. Early bird pricing available until  
March 10 - special early bird pricing  
available to Delegate.

More Info:  
<http://bcgardenclubs.com/wp/2017-annual-general-meeting-march-25/>





# South Burnaby Garden Club

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## Show Bench Schedule

Welcome Guest Judge: Jennifer Zuk

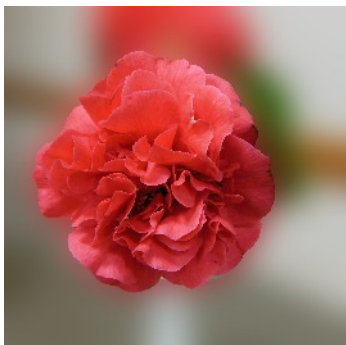
### Decorative: THEME - - - MAN'S BEST FRIEND

1. Golden Retriever: A design using orange/yellow/flame flowers and gold accents
2. Chihuahua: A petite design less than 9" in all directions
3. Burmese Mountain Dog: A vertical arrangement
4. German Shepherd: An design with decorative or natural wood

### Show Bench:

Fruit, flowers and vegetable section must be from the members gardens not borrowed or purchased

5. 3 cuts flower branches
6. 1 house plant (foliage)
7. 1 house plant in bloom
8. 1 cactus or succulent
9. 1 container bulbs in bloom
10. 1 plate (3) stored fruit or vegetable
11. Any potted orchid (in bloom)
13. Vase of 3 Hellebore Blooms with foliage
14. Vase of 5 snowdrops (Galanthus) with foliage
15. Anything Else Not Listed Above





# South Burnaby Garden Club

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## 2017 Calendar

### **February 7**

SBGC Meeting - AGM

Rotating Chair: Lucette Wesley

### **March 7**

SBGC Meeting

Rotating Chair: Betty Girard

### **April 4**

SBGC Meeting

Rotating Chair: Betty Girard

### **May 2**

SBGC Meeting

Rotating Chair: Lucette Wesley

### **June 6**

SBGC Meeting

Rotating Chair: Leanna Hawkins

### **July 4**

SBGC Meeting

Rotating Chair: Syl Davis

### **August 1**

SBGC Meeting

Rotating Chair: Leanna Hawkins

### **September 9 & 10**

Fall Fair

Rotating Chair: Dan Oldroyd

### **October 3**

Potluck & Auction

Rotating Chair: Dan Oldroyd

### **November 7**

SBGC Meeting

Rotating Chair: Elizabeth Beer

### **December 5**

Christmas Dinner

Rotating Chair: Elizabeth Beer

## 2017 Steering Committee

### **February Rotating Chair:**

Lucette Wesley

### **Treasurer:**

Elizabeth Beer

### **Secretary:**

Betty Girard

### **Newsletter Editor:**

Leanna Hawkins

### **Speaker Convener:**

Lucette Wesley

### **Bonsor Liaison & Membership:**

Syl Davis

### **Sunshine:**

Joan Burnstead

### **Fall Fair Co-Chairs:**

Dan Oldroyd & Daphne Sinclair

It's spring fever. That is what the name of it is. And when you've got it, you want — oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!



~Mark Twain, Tom Sawyer, Detective