

Pacific Ramblings Newsletter

September 2019 Issue 10

Message from your president - Bill Fernihough

The Summer has ended and Fall arrives and with it the start of the Pacific Branch Fall events. Our September meeting is next Thursday and this year our October meeting falls on Halloween. And before we know it - in just about 60 days our annual Christmas lunch will take place on the last Thursday of November.

As promised, we have a new Branch photo on our Pacific Ramblings Newsletter and also on our Pacific Branch Website page.

[Click here to see the photo on our branch website page.](#)

I hope to see all of you at the meetings and events in the coming months.

Upcoming Events

September Lunch and General Meeting - September 26 at 11:30 am- 1:00 pm Semiahmoo Fish and Game Club. The program for the meeting is a presentation on Mason Bees by one of our own members, Warner Smith.

October Ramble - October 8 - We are staying closer to home and having a relaxing ramble around Campbell Valley Regional Park in South Langley. We will plan to meet in the south entrance parking lot at 10am at 20285 8th Ave (just east of 200th) for a stroll around the many 'easy walking trails', followed by a noon lunch just along the road at Hazelmere's 'West Coast Grill', 18150 8th Ave (south side) Menu link: wgg.golf. Contact Roy at 604-574-0282 or by email at royc46@shaw.ca.

October Lunch and General Meeting - October 31 at 11:30 am- 1:00 pm Semiahmoo Fish and Game Club.

Care News - Celia Hortness is still recovering from her fall where she fell and fractured a bone in her knee. Murray McDonald fell and dislocated his shoulder which was frustrating because he couldn't drive. Wayne McLeod had surgery last week and is on the road to recovery. Contact Marilynne Hedley at 604 590 5594 for information on how to arrange to see Collin and Muriel Mason at the care home.

For all those unwell, we miss you and our thoughts are with you. Contact Esther Excelby at 604-507-0230 or by email jexcelby30@gmail.com.

Recipe of the Month - Kathy Chambers submitted a delicious recipe, perfect for this time of year:

Crockpot Cheesy Perogies with Kielbasa (Polish Sausage)

Prep time – 10 minutes

Ingredients: 1 Onion, quartered and sliced
 2 – 16 oz. boxes of frozen perogies
 4 cups chicken broth (divided)
 2 cups shredded cheddar cheese (divided)
 1 ring Kielbasa
 Salt and pepper to taste
 1 – 8 oz. block cream cheese, softened to room temperature
 Sliced green onions for serving

Instructions:

Layer onion, perogies, sausage and 1 cup of cheddar cheese in the crock pot, repeat the layers, excluding cheddar cheese, add the 3 cups of broth, Cook on high for 3 or low for 5 hours.

About 30 minutes before serving warm the remaining cup of broth and cream cheese, this can be done in the Microwave. When very warm whisk until smooth, pour into the crock pot, stir a little to get the cheese mixture down. Top with remaining 1 cup of cheddar cheese. Cover and cook on low for about 30 minutes.

Serve

NOTE: Kielbasa is quite salty, you may not wish to add salt.

2019 Summer Activities

June - Pacific Pot Luck Picnic and Bocce Ball.

More than 60 folks came out for the picnic and bocce despite the rainy day. A very successful picnic and bocce ball was held in the Semiahoo Lodge.



[Click here to see more photos of the June Picnic.](#)

August 23rd - Salmon BBQ

More than 60 folks enjoyed a delicious salmon BBQ with rousing games of Bocce Ball and lots of fun in the sun.





[Click here to see more photos of the Salmon BBQ.](#)

September 10 - Dr Sun Yat-Sen Classic Chinese Gardens Tour

30 folks took part in a great, very informative tour of Dr. Sun Yat-Sen Classic Chinese Gardens.

See the photos below and [click here to see more photos of the tour](#)




Letter from Royal Columbian Hospital Foundation

We recently received a thank you letter from the Royal Columbian Hospital Foundation.

[Click here to read the letter](#)

QUOTE OF THE MONTH



THE OLDER YOU GET
THE MORE YOU APPRECIATE
BEING AT HOME DOING
ABSOLUTELY NOTHING.