



Fall Issue 2009

Connections

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IN ALL THINGS - GIVE THANKS

SPECIAL POINTS OF INTEREST:



Reno Completion Party!

\$5 catered dinners at 5pm in the fall!

INSIDE THIS ISSUE:

In all Things-Give Thanks	1
Community News	1,4
Community Kitchen	2-3
Seniors Tips	3
Recipes	3-4
Upcoming Events	4

Around the world for many cultural and religious traditions the fall season is one of gathering the harvest of summer's growth, preparing for winter's arrival and celebrating festivals or special days of Thanksgiving.

There is an anonymous piece of wisdom that says:

If you fill your heart with regrets of yesterday and the worries of tomorrow, you have no today to be thankful for.

Health and wellness research has demonstrated the importance of maintaining a positive and appreciative attitude for both experiencing a fulfilling and healthy life. Central to being a caring person and community is an approach to life, which has a way of seeing blessings in the midst of life's difficulties.

The recognition and acknowledgement of the good things we share together counteracts those negative people who can only see and focus on the problems we face in today's world. In the Winnie the Pooh book series there

is a character named Eeyore, who always has a gray cloud hovering over life which results in him always seeing the negative side of things. Who wants to end up being an Eeyore? Some benefits resulting from having a thankful approach to life for living with one another in community include:

i) BEING THANKFUL reminds us of our interdependence on one another and God.

All of our lives are lived within a context of the daily need for provisions of security, healthy nourishment and supportive relationships. Learning to realize that we were created to live in community to provide these necessities for one another helps us to appreciate others more deeply. It is important to be learning on life's journey about recognizing and thanking others for the contributions they are making to our world. This activity of thankful living can help us also to be more sensitive spiritually to the larger reality of the pres-

ence and activity of a caring God.

ii) BEING THANKFUL helps us to be more alert to all the good things of our lives and helps us be more effective in making a contribution to our community and world.

In a world of contrasts, complexities and our own personal problems, it is often difficult to see all the benefits we experience for daily living. All of us need to learn how to be thankful for the simple provisions of daily life here at Beulah Garden and in this part of the world and discover how we can be of service to others. The old expression "Live simply so that others may simply live" has value in forming a daily approach to life. We have the opportunity to be part of the solution to care for others when we are thankful for the goodness of our lives and want to continue to make a contribution to others. The contribution you can make may vary depending on your capacities and may simply be writing a card of

encouragement to a grand child, helping fund a child in another country, going for a walk with a neighbor or helping plan/support activities for others within the Beulah Garden community. With the finishing of the renovations to enhance the community space in the Bentall building, the availability of a new bus and the increasing of Sara's time as Community /Spiritual Life Care Coordinator to a permanent half-time role, we are planning to continue developing new opportunities for community activities.

We have come through a rather unusual year with the exceptional snows of January and the hot days of July. As we anticipate the changes of this fall season and live with life's uncertainties and surprises, I hope that we will help each other to follow the teaching promoted throughout the Bible: "IN ALL THINGS- GIVE THANKS!"

COMMUNITY NEWS

2009-2010 Building Representatives
(TAG: Tenant Advisory Group)

Beechwood
Peter & Susan Mark
John Nelson

Rupert
Teresa Sun
Looking for one or two more

Bentall
Bridget Allen
Florine Breau
Robi Celli
Linda Kerr
Christopher Khan
Patricia Hauser
Clare Stoyeff
Josephine Volkow

We want to thank the many volunteers who stepped forward to represent their building for 2009-2010! As building representatives, the above people will attend a monthly meeting with the Community Care Coordinator (Sara) to discuss ideas for community building and an increased

sense of wellness among our buildings. They would love to hear your ideas. Speak with them directly or submit ideas to the **Suggestion Box** in your building. Suggestions will be read at the TAG meetings monthly.

Continued on page 4...



COMMUNITY KITCHEN SUMMER 2009



July and August's Community Kitchens have been really fun for me. Each time we've had 10-12 people come together. I don't know about you, but meals are the one place I feel that we can really serve each other by lending a helping hand. August's meal, especially, was a beautiful experience. We had lots of good food and good conversation. We were all very tired and yet took the time to look after each other, making sure everyone had time to rest. I really enjoyed the loving atmosphere that was created by all involved. For me, that was even more nourishing than the food itself.



As we set the table for more guests than were present, I was reminded of a parable in the New Testament describing a banqueting table. In the parable, Jesus described a man who had lots of room at his table and lots of food, but not enough guests to enjoy it. So he sent word out to all the people nearby to come and fill his house.

August 19th was like that for us, we were able to enjoy the company of those who were passing by because of the *abundance* we had created together. How wonderful to spend time with each of you! - Sara Bywaters-Baldwin



Pictures from Community Kitchen July 2009

Continued on page 3

SENIOR TIPS

Health

Sciatica

Senior care experts tell us that the sciatic nerve can cause neuralgic pain to the lower back, hip and thigh area. By strengthening our stomach muscles (exercise!), we will also be relieving the pressure of the sciatic nerve, and lessening our lower back pain.

Make your own heat pack

Home treatments are an important part of senior health care. Here's how to make your own therapeutic heat pack for just pennies: 1.) Cut a piece of old T-shirt about 16 by 10 inches. (Use double thickness for a thin tee.) 2.) Fold together. Sew up three and a-half sides using small machine

stitches; turn right side out. 3.) Using a funnel, fill bag with rice or dried field corn. **DO NOT USE POPPING CORN!** 4.) Stitch remaining opening together by hand. 5.) Heat the pack in a microwave about a minute...adjust time to suit. The hotter the pack, the longer the heat lasts. (If you get it too hot, cover with a layer of sheet or other cloth, then remove as the pack cools.) 6.) Last, put it where it hurts...and in a few minutes you can say, "Aah! Now, that's much better!"

Cooking

Leftover wines

Save all leftover wine; just freeze it into ice cube trays and use later in sauces, casseroles or meat entrees.

Natural tenderizing flank steak

A good, natural way to tenderize a flank steak is to 'score' it: just make shallow diamond-shaped cuts on both sides of meat just before cooking it...avoid meat-tenderizer additives!

Gardening

Fall Gardening

Little faces watching you

Don't overlook planting pansies in late fall for long enjoyment. Great variety of colors. I enjoy those 'little faces' greeting me on my front porch!

Planting Bulbs

For a beautiful display of spring flowers, it is not too late to plant flowering bulbs of tulips, daffodils

and crocus. Ideally bulbs should be planted as soon as possible, but they can be planted up until the ground freezes. Select large firm bulbs. Large flowers such as tulips and daffodils should be planted 8 inches deep. Small bulbs of crocus and grape hyacinths should be planted 3 inches deep.

Herbs

Harvest herbs such as sage and oregano by hanging clean stems upside down in dark space. Pot chives, oregano, basil or rosemary for winter use indoors. (Bentall has lots on the 3rd floor patio!)



COMMUNITY KITCHEN RECIPES

This summer we have re-birthed gardening around Beulah! Part of growing vegetables is the joy of eating them. So, we had some friends from Grandview Calvary Baptist Church come twice. They are great cooks: Sarah and Joshua Chestnut. They first time, they brought us recipes for Caprese Salad, Pizza with homemade crust and chocolate pudding! The second time, we made Gazpacho, Veggie Quesadillas, Guacamole, and Chocolate Zucchini Brownies. About 20 of us came together to cook together, set the table, EAT! and clean up. Come and join us next time.

Here are July's recipes for you and your neighbour, let the office know if you'd like the recipes for August:

Recipes from Beulah's first Community

Kitchen:
July 9, 2009

(Pizza, Caprese Salad and Chocolate Pudding!)



Homemade Pizza Dough

For 2 pizzas

Ingredients:

3 ¾ cups flour
2 tbsp yeast
1 tsp salt
1 tbsp honey
1-2 tbsp olive oil
1 + ½ cup warm water

Directions:

1. Dissolve yeast in ½ cup warm water and let it stand for 3 min.
2. Mix the flour and salt to-

gether.

3. Pour the yeast mixture, the rest of the water, honey and olive oil into the center of the flour and mix to dough.
4. Knead for 15 min or until dough becomes smooth and elastic.
5. Divide dough into 2 round pieces. Slightly sprinkle the baking sheet with flour and transfer rolls to it. Cover and leave them in a warm place for 1.5 hours or until doubled in bulk.
6. To make pizza, spread the dough into half a centimeter.
7. Brush dough with a little olive oil and press indentions into the dough with your fingertips (to prevent bubbling).
8. Add your toppings, adding the cheese last and bake in 450 F oven for 15-20 min.

Toppings:

Any combination you prefer of onion, bell pepper, tomato, mushroom, olives, ham or prosciutto, mozzarella and parmesan cheeses, oregano, basil, rosemary, sundried tomatoes, or other vegetables or meats is great!



Caprese Salad

Serves 6

4-5 ripe tomatoes, cut into slices
Fresh basil, washed, destemmed
Mozzarella cheese, sliced
Olive oil and balsamic vinegar to drizzle
Sea salt and fresh cracked pepper

Continued on page 4





Resident's Suggestion Corner:

We want to thank two residents from Beechwood who dropped notes into our **Suggestion Box**. Thanks for your thoughts and awareness!

One was very pleased with the Balcony Clean-up's and wanted to encourage their fellow residents to keep up the good work! Thanks for doing your part to keep our residences beautiful.

The second wanted to remind us to keep safety first:

Front Doors & Garage: Just a reminder to make sure the door closes behind you so that only residents and their guests are allowed in.

Laundry Room: Let's make sure we remove the lint from the dryers after use to prevent fire.



Garbage Room: Please refer to this chart when considering what to recycle. One important fact to remember about recycling is that food and food stains will prevent your article from being recycled and may in fact harm the whole batch. So make sure those **stained & cheesy pizza boxes** stay out of the recycling and go into the garbage...

Important safety phone numbers:

<u>Ambulance, Fire, Police:</u>	911
Police Non-Emergency	604.717.3321
Crime Stoppers TIPS Line	604.669.8477
City of Vancouver	604.873.7011
Poison Control	604.682.5050
Blockwatch	604.291.9959
BC Nurseline	604.215.4700
Crisis Intervention	604.872.2311
(free and confidential support 24 hrs.)	

COMMUNITY NEWS*Continued from page 1*

Each building will have a **Suggestion Box**, so jump in and put out your ideas regarding events, nutrition, programs, clubs, or other ways to help each other live well and get to know your neighbours! Some of the ideas we discussed in our last meeting are walking groups, movie nights, exercise programs, discussions for current events, a cancer recovery support group, and more meet-n-greets.

Any building concerns or ideas related to the grounds should still be directed to the office.

We also want to thank **Noreen Erlenbach** for her

many years of service. She will be stepping down this year and greatly missed.

Meal Survey

By now you should have received a survey regarding a possible meal service at Beulah. The purpose behind offering this service is that it will help bring you together with other residents, reduce stress with cooking and shopping, and provide nutritious options during the winter months, especially. If you haven't filled out the survey, please do so and return it to the office as soon as possible. We'd like to know what you think!

Bentall Dining Hall/ Activity Room

Some of the folks in the Bentall building have noticed renovations happening downstairs. Soon, the new offices will be completed and the dining hall renovated. In September, we hope to start using the dining hall more for some of the things mentioned above. We will have a projection system that will make movies possible, educational nights, karaoke and other ideas your building may have for the new space beyond meals and parties. Stay tuned for more information from the Community Care Coordinator or your representatives. We

would like the Bentall dining hall to be a place where all three buildings feel free to host events. Talk with your representatives if you have ideas – or put them in your buildings **Suggestion Box**! We'll discuss ideas each month at TAG meetings.

Beulah has a bus!

We are excited about the possibilities that having a bus will bring. Some of you may have noticed a medium sized white bus parked in front of The Cedars. This is a bus that all four buildings will share, so if you have any ideas – pass them forward!



"It is the people who love, forgive and listen who build community. It is those who are sensitive, who serve others, and who nourish and pray for them. And each of us, by the grace that has been given to us, exercises our gifts according to our own good and unique expression of love and tenderness.

A community is only really a community when all its members realize how deeply they need the gifts of the others, and try to make themselves more transparent and more faithful in the exercise of their own gift. So a community is built by every one of its members, all in their own way".

-Jean Vanier

UPCOMING EVENTS**Potlucks this fall**

We need a coordinator for once a month potlucks, call the office if interested...

Wednesday Oct 14th 1-2pm

TAG Meeting (every 2nd Wednesday of the month, see your rep for info)

Early or mid October

Reno Completion Party in Activity Room

October

\$5 catered dinners once a week, call the office if interested!

CHOCOLATE ZUCCHINI BROWNIES SERVES 18-24



- 3 cups milk (750 ml)
- 3/4 cup semi-sweet chocolate, chopped finely (150 ml)
- 2 eggs
- 1/3 cup sugar (75 ml)
- 2 tbsp cornstarch (45 ml)
- 3/4 tsp salt (3 ml)
- Whipped cream, for garnish

1. Scald milk in a saucepan over medium low heat. Add chocolate and stir until it has melted.

2. Whisk together eggs, sugar, cornstarch, and salt.

3. Add the warm chocolate milk mixture in a slow stream, whisking constantly and then pour back into pot.

Cook gently over medium heat, stirring constantly with wooden spoon for 5 to 10 minutes or until mixture thickens.

Divide pudding among six ramekins or small bowls, cover tightly with plastic wrap and chill for at least 3 hours and up to 2 days. Serve puddings topped with whipped cream.