

ISSUE #12 SPRING 2017

The Coeurrent News

The Newsletter of Le Coeur Housing Co-operative



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information.

Cover image by
Aaron Rolick

Plus: recipes, spring
crafts and much more!



Plants 'n Stuff

Companion planting is a great way to increase the yield of your garden and to organically combat many parasitic pests. It is a strategy that exploits naturally occurring phenomena to increase productivity. By planning what and where you plant, you can lure unwanted bugs away from your favourite garden plants or lure in beneficial insects to take care of your pest population.

Umbelliferous plants are especially good companions as their umbrella-like flower structure attracts beneficial predatory insects. Ladybugs, parasitoid wasps, and large predatory flies love to make their homes in umbellifers and will prey on pests like aphids and the caterpillars of white cabbage moths, both of which can cause serious damage in your garden. Common umbelliferous plants are dill, cilantro, fennel, and ammi.

Some great companion plants to consider:

Agastache ("licorice mint")

A non-invasive mint with beautiful purple flowers, agastache is loved by bees and lures harmful cabbage moths away from other garden plants.

Alyssum (an umbellifer)

Smells so great and attracts many pollinating insects. Covers ground so keeps weeds down and also provides shelter for beetles and spiders.



Borage

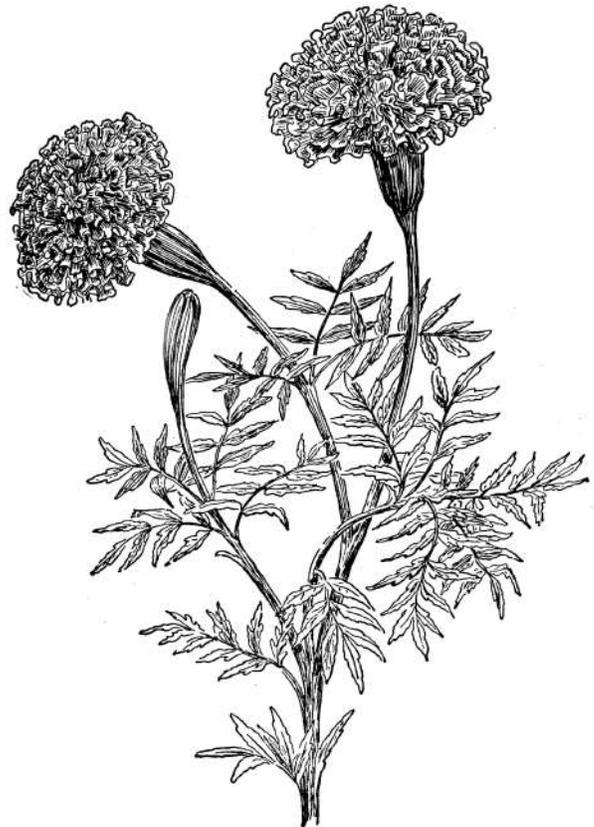
Great all round companion plant. Very good to plant next to tomatoes or strawberries. Attracts pollinating insects for other plants in your garden.

Dill (an umbellifer)

Dill attracts ladybird beetles, parasitoid wasps, hoverflies, bees, and garden spiders, making it one of the most useful companion planting candidates.

Marigold

Promotes vegetable growth, deters many garden pests, and attracts beneficial insects.



Continued next page...

Plants 'n Stuff continued...

Tips:

- Plant tomato, basil, and asparagus together. Asparagus repels nematodes that attack tomatoes and tomatoes and basil repel asparagus beetles. Planting basil close to tomatoes improves their flavour and also helps to repel mosquitos and aphids.
- Plant summer savory to attract honeybees and repel cabbage moths. Plant close to beans and onions to improve their flavour.
- Don't plant bush or pole beans next to beets, garlic, leeks, or onions. They will stunt each other's growth.
- Tall flowers like sunflowers and Mexican torch (Tithonia) act as beacons to attract pollinators and beneficial insects to your garden. Dried sunflower heads make great winter bird feeders.

More detailed information:

<https://www.westcoastseeds.com/garden-resources/articles-instructions/companion-planting/>

- Submitted by Nicole McDonald



What's Cookin'



Spring-y Rice Paper Rolls

These are vegan, but add shrimp or sliced chicken...lots of variations on this super easy, super delicious recipe!

Ingredients

- 5 sheets Vietnamese Rice Paper
- 1 large Carrot, Julienned
- 1 small Cucumber, Julienned
- 1/2 an Avocado, cut into slices
- Small bunch Thai Basil
- 2 ounces Tofu, cut into strips (we use Satay flavored Tofu)
- 1/2 cup mixed Salad Leaves
- 1 Red Chilli, de-seeded and cut into thin strips (optional)
- Bottled satay peanut sauce, for dipping

Directions:

1. Prepare a large bowl of hot water to soften rice paper in.
2. Place a small bed of salad leaves in the middle of the softened rice paper, and then top with small amounts of every other ingredient. Try not to overfill.
3. Roll rice paper: bottom up, sides in, and roll to close. Serve fresh; enjoy!

- Adapted from crazyvegankitchen.com



Fun Spring Events

Elemental Trends BLOOM Pop-Up

434 Columbia St in Vancouver

May 13, 10:00 am - 6:00 pm

Over 30 independent Canadian made artisans. Find amazing things for kids & babies, beautiful things for the home. Pre-book now for a special Mother's Day treat as we have also have hair and makeup services available for the ladies. Make a fresh floral crown before you leave or have a personalized jewelry piece engraved. So Mark your calendars, share and shop this carefully curated pop-up.

Forest Fairy Gathering

Burnaby Lake Nature House, 4519 Piper Ave

May 20, 11:00 am - 3:00 pm

Visit the 'Gnome Depot' to get construction material for your fairy home. Enjoy free face painting and be prepared for a magical time. Fairy attire welcome.

FREE; all ages; drop by anytime



Greek Day on Broadway

McDonald to Blenheim, Vancouver

June 25

A five block stretch on Broadway measuring almost one kilometer, is closed off to traffic to make room for a world of delicious Greek food and drink, market vendors, entertainment, and live music offering a laid back, yet lively Greek atmosphere. This award winning festival presents valued community partners the opportunity to

exhibit products, promote travel experiences, or showcase their brand to a massive captive consumer audience.



River District Farmers Market

8683 Kerr Street, one block South of SE Marine Drive

May 13 – October 14

Saturdays 10:00 – 3:00

Trout Lake Park Farmers Market

13 Ave & Lakewood Drive, Vancouver

May 7 – October 22

Saturdays 9:00- 2:00



Environment Week: Wild about Burnaby Lake

Burnaby Lake Rowing Pavilion, 6871 Roberts St

June 10, 10:00 am - 2:00 pm

Want some wild fun without leaving the city? Join a weed pull, tour the lake by voyageur canoe and learn how you can bring more nature to Burnaby!

Registration required for canoe and walking tours: 604-432-6359

Free

- Submitted by Joanne Kautz-Allard



Spring Craft Projects

DIY Seed Bombs

Seed bombs are great rainy day projects for kids or gifts for garden-loving friends. A mixture of soil, clay, water, and flower seeds, these seed balls can be tossed into hard-to-reach spots in your garden or can be distributed, guerrilla-style, in vacant lots or other areas in need of some colourful flowers.

Wildflowers also provide nectar for hummingbirds and bees and habitat for beneficial insects.

Clay protects the seeds from the sun and the weight of the seed ball means that the seeds will not blow away or wash away while out in the elements. The clay casing also stops birds or squirrels from eating the seeds.

You will need:

- Wildflower seed (or any combination of your favourite individual flower seeds)
- Clay (available from a craft or garden store)
- Seed starter mix or good quality potting soil
- Water

Instructions:

Mix the seeds, clay, and soil in a bowl at a ratio of roughly 5 parts clay, 3 parts soil, and 1 part seeds. Add water bit by bit until you can form small (marble-sized) balls. Lay them out on a cookie sheet in the sun to dry for 24 to 48 hours. Seed balls are ready-to-grow and can be tossed anywhere; they do not need to be covered with soil or watered.

<http://www.hellonatureblog.com/diy-seed-bombs/>

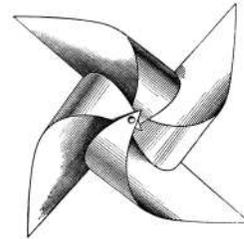
<https://www.gardenista.com/posts/diy-wildflower-seed-bombs/>

Pinwheels

Colourful pinwheels are garden staples. Very easy and quick to make. Great gifts too!

You will need:

- Paper (plain or hand-painted)
- Ruler
- Pencil
- Scissors
- Thumbtack and pins
- Wooden dowel or pencil



Instructions:

1. Cut paper into 6" squares. Thick paper that you have painted or decorated beforehand makes a beautiful finished pinwheel.
2. Use a ruler and pencil to draw a line from corner to corner, crossing in the centre.
3. Cut along the drawn lines, stopping 1" – 2" from the centre on each line.
4. Cut a 1" circle from leftover paper.
5. Use thumbtack to poke a hole in the centre of your circle, through the penciled X, near the tip of each pinwheel spoke (there will be two pinwheel spokes in each corner – poke a hole in only one, and the same one on each of the four corners), and near the top of your dowel (or through the pencil eraser).
6. Assemble: Insert the pin through the hole in the paper circle, then through each of the four points/spokes, and through the penciled X in the centre. Slip a small bead onto the pin and add a small dab of hot glue to the end of the pin before pushing it into the hole in your dowel. Let dry.

From:

<http://childhood101.com/2015/02/how-to-make-paper-pinwheels/>

- Submitted by Nicole McDonald



Funnies

Submitted by Ky Walker

Great confusions still unresolved:

- At a movie theatre, which armrest is yours?
- Why is there a 'D' in fridge, but not in refrigerator?
- Who knew what time it was when the first clock was made?

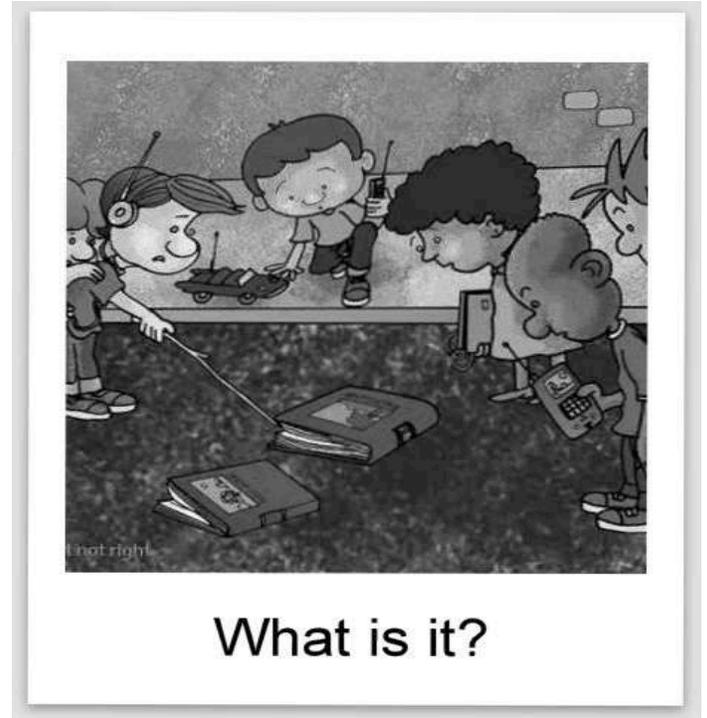
Vagaries of English Language!

- Wonder why the word funeral starts with FUN?
- Why isn't a fireman called a water-man?
- How come lipstick doesn't do what it says?
- If money doesn't grow on trees, how come banks have branches?
- If a Vegetarian eats vegetables, what does a Humanitarian eat?
- How do you get off a non-stop flight?
- Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?
- Why do we put cups in the dishwasher and the dishes in the cupboard?
- Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?
- Why is it called 'Rush Hour' when traffic moves at its slowest then?
- How come noses run and feet smell?
- Why do they call it a TV 'set' when there is only one?

- What are you vacating when you go on a vacation?

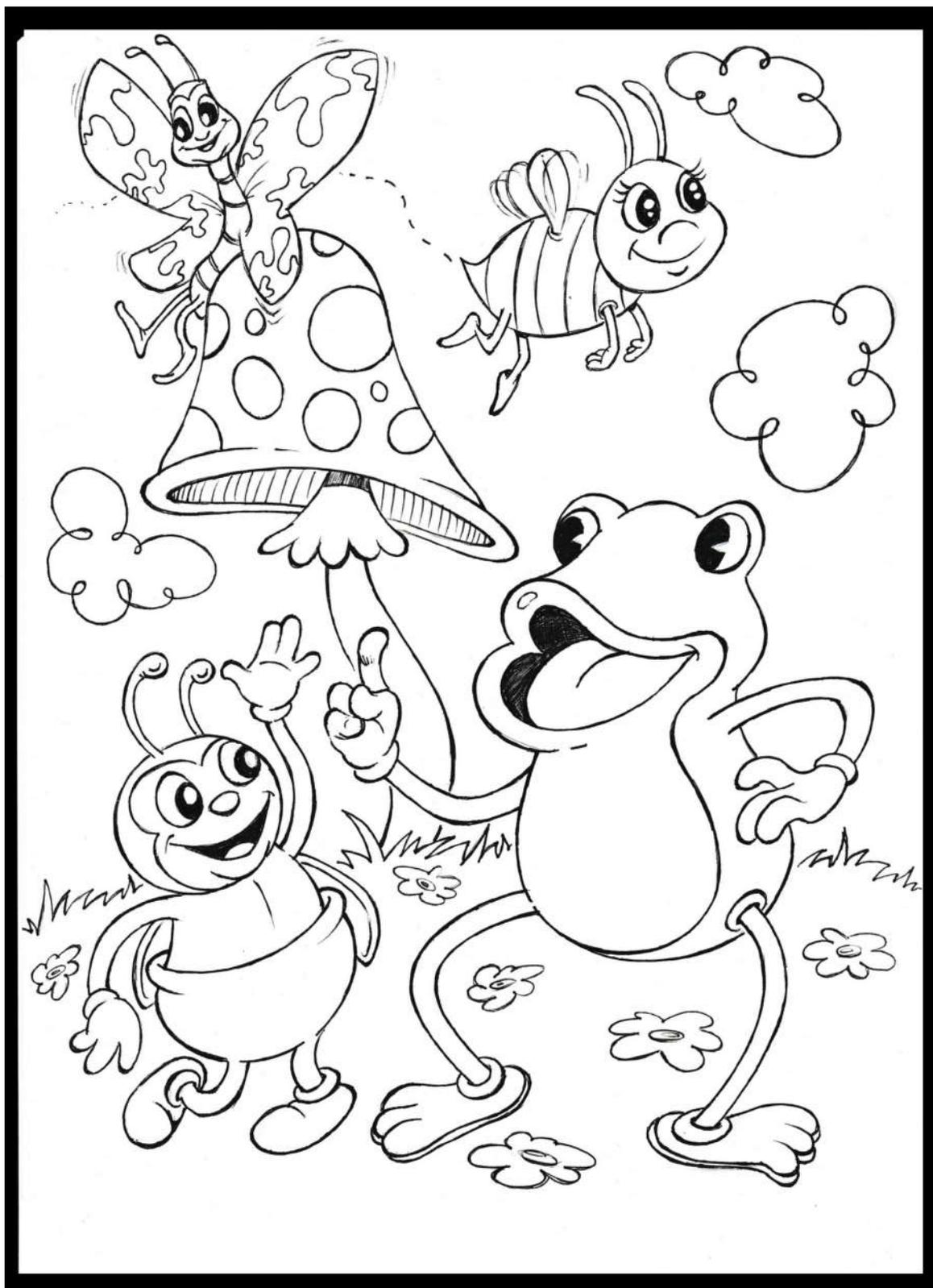
We can never find the answers, can we?

So just enjoy the pun and fun of the English language!



Spring Colouring Page

By Michael Allard



**New Member Interview:
Welcome, Minda and Danielle!**

Minda and her daughter Danielle moved into unit ### in February. Minda came to Canada from the Philippines in 1983. At first she lived in Regina, but then she moved to Vancouver in 1987. Minda heard about Le Coeur from her friend and work colleague Linda Jolin and she is really thrilled to be living here now.

You may have seen Minda at the Easter egg hunt. She had a lot of fun with the children. She is now a member of the social committee and will try to go to meetings when she can, but she works different shifts as a medical device technician at St. Paul's Hospital.

Minda has a lovely daughter, Danielle, who is in grade 11. Both mother and daughter love music. Danielle sings in her school chamber choir, and they both sing in their church choir too. Minda loves gardening, photography and camping. Being close to nature is something she really enjoys.

I really had a great visit with Minda. I am glad she has chosen to become a member of our co-op.

- by *Betty Nobel*

A few photos from the annual Easter egg hunt – inside this year due to torrential rain, but no less fun!



The Coeurrent News Committee:

Joanne Kautz-Allard, chair
Christy Goerzen
Nicole McDonald
Betty Nobel
Debra Thorne

The Coeurrent News is published 4-6 times per year.

We welcome submissions, classifieds, member news, recipes and ideas of all kinds! Please