



## The PenGuIN

Newsletter of the Saanich Peninsula and Gulf Islands Branch of the BCGREA  
OCTOBER, 2014



### FROM THE CHAIR

A lot has happened since my last report to you in our April newsletter. Our meetings continue to be both entertaining and informative. . . . Included in this newsletter is a synopsis of our year's activities

Gloria MacLucas and I attended the Annual General Meeting of the BCGREA in Tsawwassen on October 15<sup>th</sup> and some of the highlights were . . .

- The speaker at the meeting was – **Isobel MacKenzie from the Seniors' Advocate Office.** She spoke of the responsibilities of the advocate's office and some of the information that will be contained in her up-coming press conference scheduled for October 22<sup>nd</sup>. Watch for important news for the seniors of this Province.
- The following information was distributed to all branches:

It is my pleasure to present the British Columbia Pension Corporation's 2013/14 *Annual Report*. The document highlights the second year of our nine-year strategic plan, *From 12 to 21: Our Way Forward*, and the remarkable progress we have made. We are excited to share some of that with you. The report is now available on our website at [pensionsbc.ca](http://pensionsbc.ca), or you can click [here](#) for easy access. The annual report provides an overview of the BC Pension Corporation's accomplishments and information about our business, our clients and the services we provide, as well as audited financial statements from the 2013/14 fiscal year.

To reduce the cost and environmental impact of the annual report, we produce it in electronic format with no pre-printed hard copies. For those who would like a hard copy, select "Printer-friendly" on the navigation bar. On behalf of the board, I encourage you to explore our report to learn about our successes in 2013/14.

Thank you,

Weldon Cowan, 2013/14 Chair; Board of Directors; BC Pension Corporation"

- **Nominations and Elections –**

President — Sarjit Manhas was nominated and declared elected by acclamation.

1<sup>st</sup> Vice-President – Ken Pendergast was nominated and declared elected by acclamation.

2<sup>nd</sup> Vice –President — Carrie Mulcahy was nominated and elected by acclamation.

Our branch is looking forward to being involved in our community by volunteering to assist the Salvation Army in their "Christmas Kettle" campaign. Look for details in this newsletter. We are also pleased to be involved in the Thrifty Foods "Smile Card" campaign for raising funds for our branch. Also look for details in this newsletter.

**GET INVOLVED! Come to our meetings and hear all about it. . .**

*John MacLucas*

# Fundraising - Smile Card Program

The Branch needs a few more vests for volunteers at our public functions. We are also purchasing a wireless microphone set for our meetings.

**THRIFTY FOODS** has a program that will help us reach a financial goal to purchase these needed items. Here is how it works: . . . . The Smile Card program is unique to Thrifty Foods. For qualifying organizations, our Thrifty Foods Smile Card Fundraising program provides 5% back on each member card user's grocery purchases direct to your group's Smile Card account.

## How does loading the card work?

Thrifty Foods will donate an amount equal to 5% of the amount you load on your Smile Card to the fundraising group. There is absolutely no cost to you. Take the Smile Card with you to **any** Thrifty store when you go grocery shopping. **Ask the cashier to load any amount you wish onto the card before having your grocery order rung through.** Pay for the card load with cash, debit card or credit card. Ring the grocery order through and pay for the order with your Smile Card. When the card balance is running low, load it again to continue to support your group every time you shop!

## How do I get my BCGREA Smile Card?

Simply ask for your "BCGREA Smile Card" from our Secretary, Gloria MacLucas, at our next meeting(s). If you would like to help, but are unable to attend the meeting(s), contact Gloria by e-mail at [gloriarnice@shaw.ca](mailto:gloriarnice@shaw.ca) or telephone (250) 656-3374 to arrange to pick up a card.

For more information and answers to frequently asked questions about this program – go to the Thrifty Foods Web Site and check their Community Fund Raising Program.



Our annual **Christmas Dinner** will be held on **Tuesday, December 16<sup>th</sup>, 5:30 p.m.** at the Jazzaniah Restaurant. We plan a delicious Christmas turkey buffet, wonderful entertainment and prizes. Tickets may be purchased at our October & November meeting or by sending a cheque to Kathy Ford, 2402 Twinview Drive, Victoria, B.C. V8Z 7E9, before December 5<sup>th</sup>.

Tickets cost \$25.00 per person and they have to be pre-paid and may be picked up at the door. Tickets will not be sold at the door. Those wishing to participate in our entertaining 'gift exchange' should bring a wrapped gift (labeled M, F, or either) valued \$10.00 or less. We will also be collecting cash donations for the Sidney Food Bank. Non-perishable food items are also welcomed. *Note: for those of you unable to attend the Christmas dinner, donations to the food bank may be sent to the Treasurer, Kathy Ford ~ Thank You*



# **RECIPES**

From the kitchen of Ellen Woods



## **TROPICAL DELIGHT**

1/4 c. cold water  
1 c. strong hot coffee  
1/3 c. sugar  
1 tbsp. cocoa  
1/4 tsp. salt  
1 c. dates, sliced  
1/4 c. walnuts, chopped  
1/2 c. whipped cream  
1/2 tsp. vanilla  
1 envelope Knox gelatin

Pour cold water into a bowl and sprinkle the gelatine on top. Add sugar, salt, cocoa, and hot coffee. Stir until dissolved. Cool in fridge and when it begins stiffen, add dates and nuts. Fold in whipped cream and vanilla. Chill until firmly set, then divide into 4 small bowls and serve whipped cream on top. Yummy!

## **MINCEMEAT MUFFINS**

1 3/4 c. flour  
1/2 tsp. salt  
1 egg  
1/2 tsp. vanilla  
1/2 c. mincemeat  
3 1/2 tsp. baking powder  
1/4 c. granulated sugar  
1 1/4 c. milk  
1/4 c. melted shortening

Preheat oven to 425 degrees. Sift together flour, baking powder, salt and sugar. In another bowl, beat together with a fork, egg, milk, vanilla and shortening. Add liquids to dry ingredients and stir until combined. Fill muffin cups 1/3 full. Top with rounded teaspoon of mincemeat. Spoon in remaining batter. Bake for 20 minutes or until golden brown. Makes about 12 muffins.

## COMMUNITY PROJECT



Branch 2500 of the BCGREA would like to contribute to the community and one way we can do this is to have our members volunteer to staff a "Salvation Army Christmas Kettle". We have committed to a spot at the Thrifty Food Store in Sidney between 10:00 a.m. and 5:00 p.m. ~ Monday to Friday (November 24th to November 28<sup>th</sup>). **We need volunteers who can spare an hour or two during those time periods.** Please contact John MacLucas at (250) 656-3374 or [johnrsanta@shaw.ca](mailto:johnrsanta@shaw.ca) if you can help and he will schedule your time(s) and day(s).

Please sign up at the October meeting.

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## ANNUAL REPORT

*September, 2013 – June, 2014*

### BRANCH #2500 – Peninsula & Gulf Islands –

Our year has passed quickly. My thanks to the executive and members of the Peninsula & Gulf Islands Branch for their support. We have had a busy year. Some of the high-lites of the past year are:

This year we conducted a Thrifty Food **"Smile Card"** campaign to raise funds to purchase "Volunteer Identification Vests". The campaign was very successful.

**Membership** - September started the year with a reported membership of 267 and as of June 30<sup>th</sup> 2014, the membership stood at 273.

**September 2013** – For our start-up meeting Sue Archer, our member from Marlin Travel, gave a very informative presentation on some wonderful and exciting places to visit. She had lots of handout material for those interested members.

**October 2013** – The meeting was well attended and a presentation by Dianne de Champlain, M.A. Community Education coordinator with the Victoria Womens' Transition House addressed the subject of "Elder Abuse". She explained the many types of abuse and where to find assistance to address the problem.

**November 2013** – At our November meeting we had our member Renee Bacica who, with the assistance of Jacqueline Pomerleau (also a member), gave an informative and entertaining presentation on flower arranging.

In early December we adopted a Salvation Army Christmas Kettle for a week. Our volunteers stood at the entrance to Thrifty Foods store in Sidney for five days (Mon. to Fri., 10 a.m. 'til 5 p.m.). We successfully raised \$1,819.63. Thank you to all our volunteers.





## December 2013 –



Our Christmas Dinner was held on Dec. 17<sup>th</sup> and was well attended. Again, instead of spending money on entertainment this year, we donated the funds to the Sidney Lions' Food Bank. As usual, the dinner was fantastic and our "Gift" exchange was fun and entertaining.



**January 2014** – Our January meeting was well attended. Brenda Ellis of *Relocating Made Easy* addressed the topic of "down-sizing" which was very informative for our members.

**February 2014** – Our scheduled meeting for February was cancelled due to inclement weather and our speaker re-scheduled for the May meeting.

**March 2014** – In March we were treated to a presentation by our own member, Ian Cameron. He presented a slide show and talk on his adventure bringing a sailboat from Mazatlan to San Diego. The "Baja Bash" was exciting and entertaining for all.

I also attended, on your behalf, the annual directors' meeting of the BCGREA in Tsawwassen on March 19<sup>th</sup>. Their guest speaker was Dr. Bruce Kennedy, Executive Director, Public Service Pension Plan. If you have not read it already, I urge you to read "The Pen" (our provincial newsletter for Spring 2014) on the Provincial web site, [www.bcgrea.com](http://www.bcgrea.com) His talk was very informative and confirmed that we have one of the best pension plans in North America. We also heard from the "Recruitment and Retention Committee" and had a short presentation on "Pet Insurance", a new offering to our members.

**April 2014** – At our April meeting Brad Morrison gave an interesting and informative presentation on the history of railroads on the Saanich Peninsula

**May 2014** – A full slate of executive officers was elected or acclaimed for the 14/15 year. Our guest speaker, Ana Hudson, from the “Shoal Centre” explained what the centre does and how it operates.

**June 2014** – Our Branch held a “year-end” celebration, honouring our 20 year members at the “MUSE WINERY”. It was a great event. The venue, food, wine tasting, along with great weather made for an exceptional event.



## **BRANCH #2500 EXECUTIVE**

Chair	John MacLucas	(250) 656-3374	johnrsanta@shaw.ca
Vice Chair	Mike Woods	(250) 656-3060	mike_ellen@telus.net
Secretary	Gloria MacLucas	(250) 656-3374	gloriarnice@shaw.ca
Treasurer	Kathy Ford		
Membership Director	Gloria MacLucas		
Program Director	Carol Greenway		
Refreshment Director	Ellen Woods	(250) 656-3606	mike_ellen@telus.net
Directors	Bruce Greenway		
at Large	Diane Alexander	(250) 656-0703	<u>dalex1@shaw.ca</u>
	Corinne Marshall		
	Kathy Remple		



# \$ DUES \$

## **DUES ARE TO BE PAID BY JANUARY 2015 !**

For those of you who are not on our automatic dues check-off system, your \$20.00 annual membership fee for 2015 is up for renewal on January 2<sup>nd</sup> 2015. Please see our Treasurer, Kathy at the up-coming meetings or mail a cheque payable to the 'BCGREA' to 730 Clayton Road, North Saanich, B.C. V8L 5M4. Thank you.

Spare a little time to consider this.... Submitted by Carol Greenway - - - author unknown

### **AND THEN IT'S WINTER**

You know. . . Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my soul mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... The winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones that I remember who were young and vibrant....but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off

too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life...so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it fantastic  
LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY ! HAVE A GREAT DAY  
Remember "It is health that is real wealth and not pieces of gold and silver "  
LIVE HAPPY IN 2014! LASTLY, CONSIDER THE FOLLOWING: TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE SO – ENJOY THIS DAY WHILE IT LASTS.

#### FURTHER THOUGHTS.....

- Your kids are becoming you.....but your grandchildren are perfect!
- Going out is good.. Coming home is better!
- You forget names.... But it's OK because other people forgot they even knew you!!!
- You realize you're never going to be really good at anything....Especially golf.
- The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".
- You miss the days when everything worked with just an "ON" and "OFF" switch
- You tend to use more 4 letter words .... "what?"..."when?"... ???
- Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- You notice everything they sell in stores is "sleeveless"?!!!
- What used to be freckles are now liver spots.
- Everybody whispers.
- You have 3 sizes of clothes in your closet.... 2 of which you will never wear.
- But Old is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!!

Stay well, "OLD FRIEND!" Send this on to other "Old Friends!" and let them laugh in AGREEMENT!!!

It's Not What You Gather, But What You Scatter That Tells What Kind Of Life You Have Lived.!!!.

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Carol Greenway also sent in this quotation:

**DON'T DRIVE FASTER THAN YOUR GUARDIAN ANGEL CAN FLY !!**

#### **SPECIAL NOTICE !!**

**If you do not wish to receive notices, articles, or this newsletter from your BCGREA by e-mail, please contact the Secretary; Gloria MacLucas at 250-656-3374 or e-mail at [gloriarnice@shaw.ca](mailto:gloriarnice@shaw.ca) . . .**