



## The PenGuIN



Newsletter of the Saanich Peninsula and Gulf Islands Branch of the BCGREA  
OCTOBER, 2017

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### FROM THE CHAIR

We've had a busy time since my last report to you in our May newsletter. Our meetings continue to be both entertaining and informative. . . . Included in this newsletter is a synopsis of our year's activities.

**“Thank You”** to Mark Poire who joined me in attending the Annual General Meeting of the BCGREA in Tsawwassen on October 18<sup>th</sup>. Some of the highlights were . . .

There were three guest speakers scheduled for the AGM:

- **Sally Thompson**, from Hearing Life Canada was unable to attend the meeting.
- **Lisa Hansen and Mark Costales** from Johnson Inc. said that rather than upgrade and enhance their existing platform in-house, Johnson Inc. has partnered with Express Scripts Canada (one of the country's leading providers of health benefits management services.) They expect to launch the new service in early 2018. There will also be the capability to use mobile devices and tablets.
- **Representatives from Green Shield Canada** were there to explain how their service works. In general most questions and concerns were answered with an urging to call their “Customer Service Department” for complete explanations of their actions. It was said that although rules and regulations governing ‘carriers’ were the same, administrative guidelines are different between companies that provide the same coverage. For example: Prescriptions from a Medical Professional are required for any equipment such as compression stockings to CPAP machines. Compound drugs must have Health Canada approval. B.C. approved medications are the guidelines for prescription medications. A recurring phrase mentioned by the representative throughout the presentation was *‘Is it medically necessary?’* It was recommended that Dental Work be ‘shopped for’ and quotes for coverage be solicited from Green Shield Canada before proceeding with any dental work. There are price schedules established for procedures that are followed by Green Shield Canada, but, individual dentists and specialists may charge any amount. So, it’s up to you to look for what is best for your own situations and I can’t emphasize enough that you should contact the CUSTOMER SERVICE DEPARTMENT of Green Shield Canada for all your questions, concerns and comments.

Telephone – 1.888.711.1119 or online [greenshield.ca](http://greenshield.ca)

The general business of the AGM included some special items:

- Lawrence Johnson attended a news conference, on our behalf, held by the Office of the Seniors Advocate. He included a copy of the 8 major recommendations of the report based on a survey conducted by the Seniors Advocates Office. I urge all of our members to look at the information presented on the web site at [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca) .
- The Retention and Recruitment Committee have made several suggestions to assist branches and these will be distributed shortly.

## Nominations and Elections:

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

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

*John MacLucas*



Our Branch **Christmas Luncheon** will be held on **Tuesday, December 5<sup>th</sup>, 11:30 a.m.** at the **St. Andrews Church Hall, 9691 - 4<sup>th</sup> Street, Sidney.**

We plan a delicious Christmas turkey buffet lunch, many exciting door prizes and wonderful entertainment. Tickets may be purchased at our October & November meetings or by sending a cheque to Kathy Ford, 2402 Twinview Drive, Victoria, B.C. V8Z 7E9, before November 29<sup>th</sup>.

Tickets cost **\$20.00** per person for members and guests, and, they have to be pre-paid and may be picked up at the door. Tickets will not be sold at the door. We will also be collecting cash donations for the Sidney Food Bank. Non-perishable food items are also welcomed. Cheques made out, with your return address, to the Sidney Lions Food Bank will receive tax receipts. *Note: for those of you unable to attend the Christmas luncheon, donations to the food bank may be sent to the Treasurer, Kathy Ford ~ Thank You*



## COMMUNITY PROJECT



**Contributing to the community is important to Branch 2500.** Our members volunteer to staff a “Salvation Army Christmas Kettle” at the Thrifty Food Store in Sidney between 10:00 a.m. and 6:00 p.m. ~ Wednesday to Saturday (December 6<sup>th</sup> thru Dec. 9<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) and he will schedule a shift that is convenient for you.

**Please sign up at the October meeting.**

## \$ DUES \$

**DUES ARE TO BE PAID BY JANUARY 2018!**

For those members who are not on the automatic dues check-off system, your \$20.00 annual membership fee for 2018 is due on January 2<sup>nd</sup> 2018. Membership Dues can be paid at meetings or a cheque, payable to the ‘BCGREA’, can be mailed to the Branch Treasurer Kathy Ford at 2402 Twinview Drive, Victoria, B.C. V8Z 7E9,

# RECIPES

From the kitchen of Ellen Woods



## CHOCOLATE ORANGE DROPS

1/2c. butter or margarine  
1 egg  
1c. whole wheat flour  
1/2 tsp. salt  
3/4c. brown sugar, packed  
1c. all-purpose flour  
1tsp. baking soda  
1/8 tsp. cloves  
1/4c. orange juice  
Grate rind of 1 orange  
1c. chocolate chips

Preheat oven to 375 degrees.

Cream butter and sugar altogether. Beat in egg. Add flour, baking soda, salt and cloves.

Blend thoroughly. Add orange rind, orange juice and chocolate chips. Mix well.

Drop by tablespoonfuls on a cookie sheet. Bake for 10 - 12 minutes. Cool.

Makes about 4 dozen

## SKOR TOFFEE CHOCOLATE BARS

1. 3/4c. butter or margarine
2. 3/4c. packed brown sugar
3. 1 1/2c. flour

1 - 300ml can sweetened condensed milk  
2 tbsp. butter  
1 - 300g package of chocolate chips  
1 - 225g package of Skor chips

Preheat oven to 350 degrees.

Cream first 3 ingredients together until well-blended and mixture comes together. Press evenly into a greased 13" X 9" pan. Bake for 20 - 25 minute until light golden colour.

Cool on rack. Then heat sweetened condensed milk and the 2 tbsp. butter in a saucepan, stirring constantly over medium heat for 5 - 10 minutes or until thickened. Spread over the baked base.

Sprinkle chocolate ships evenly over the top. Bake for 2 minutes or until chocolate is shiny and soft.

Remove from oven and spread chocolate evenly over the top. Sprinkle Skor chips on top and press lightly onto chocolate. Cool completely. Store at room temperature.

# ANNUAL REPORT

*September, 2016 – June, 2017*

## BRANCH #2500 – Peninsula & Gulf Islands –

A great year passed quickly. My thanks to the executive and members of the Peninsula & Gulf Islands Branch for their support. Some of the high-lites of the past year are as follows:

**Membership** - September started the year with a reported membership of 273 and as of June 30<sup>th</sup> 2017, the membership stood at 261.

**September 2016** – Our year started with the September meeting and a presentation by Scott Monnette and Thomas Muellerleile from “mypharmacyonline” informing members about prescriptions filled on line and delivered.

**October 2016**– October’s meeting was well attended and a presentation by our member Randall Smith gave an excellent overview of some “lesser known facts” about the Public Service Pension Plan, Extended Health and Pharmacare.

**November 2016** – At our November meeting we had an interesting presentation by Dr. Neuman, a local Optometrist, with very useful information about our eyes

**December 2016** - At the beginning of December we adopted a Salvation Army Christmas Kettle for a week. Our volunteers stood at the entrance to Thrifty Foods store in Sidney for four days (Mon. to Thurs. 10 a.m. ‘til 5 p.m.). Bad weather cancelled our fifth day this year. We successfully raised **\$1,797.43** Thank you to all our volunteers.



Our Christmas Lunch was held on Dec. 16<sup>th</sup>. Again we donated funds to the Sidney Lions’ Food Bank. The served lunch was fantastic and we enjoyed great entertainment from the “Dickens Carolers”.

**January 2017**– At our January meeting we were spoken to by local sculptor, Brent Cooke. He showed us awesome pictures and talked about the methods he uses for his beautiful sculptures.

**February 2017** –

On February 16<sup>th</sup> some of our members who had previously signed up for the “Victoria Distillery” tour in November (cancelled due to a power outage) spent a pleasant afternoon touring the facility at the Sidney waterfront.



At the February meeting Paul O'Reilly entertained the members with a description and photo display of the assembly of the "Vimy Flight – a Mission of Remembrance" to be held in France at the Vimy Memorial.

**March 2017** – The March meeting presentation was on "Better Living Through Chemistry" by Dr. Reg Mitchell. A humorous and informative talk enjoyed by all.

**April 2017** – At our April meeting Michael Rice presented an "Antiques Roadshow" talk on selling, storing, donating and getting rid of collectibles. He also assessed items brought by members to the meeting.

**May 2017**– A full slate of executive officers was elected or acclaimed for the 17/18 year. Our guest speaker, Garth Irvine, presented a fascinating look at his experience as the zoo keeper at Calgary, especially with the gorillas.

**June 2017** – Our Branch held a "year-end" celebration, honouring our 20 year members at the "ROOST FARM BAKERY". We also celebrated a 100<sup>th</sup> Birthday of our member Barb Chorlton, gave out many door prizes, and, after our delicious served luncheon, those who wished were treated to a guided tour of the facility at "The Roost".



**July 2017** –

We participated in Canada's 150 year celebration with an entry in the Sidney Days Parade



Our branch is looking forward to being involved in our community. We anticipate continuing with exciting activities for our members. For example – here is a look at the start of this year:-



The September meeting was an exciting start to our year with Sidney's Town Cryer Kenny Podmore treating our members to an explanation of his life as a 'Cryer' and the joys of volunteering.

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

## **Biggest & Best Branch Baking Bargains!**



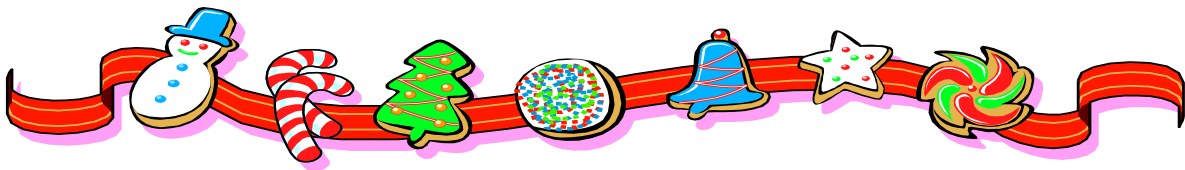
Have you made too much of your favourite baked goodies for the Holidays? Do you wish you could have just a few specialty items for entertaining? **HERE'S YOUR CHANCE AT OUR NOVEMBER BRANCH MEETING TO SATISFY BOTH QUESTIONS . . . . .**

Make up a plate of goodies to donate to the branch bake-sale table (include your recipe and a suggested price with the plate). Bring your plate to the NOVEMBER meeting and buy some other plate(s) that have been brought by other members and easily increase the variety of what you have to serve at your next occasion.



**NOTE: All proceeds will be part of our branch's charity donation.**

See you there with your delicious plates.



### **SPECIAL REQUEST**

Our hard-working Executive are making plans to enter the "Sidney Sparkles" Christmas parade this year being held on Sunday, December 3<sup>rd</sup>.

**Do you have 'battery operated' lighted decorations that you could lend to us to be used as decorations for our entry?**

Please contact John MacLucas at (250) 656-3374 or [johnrsanta@shaw.ca](mailto:johnrsanta@shaw.ca) and he will make arrangements with you for pick-up,.