



The PenGuIN

Newsletter of the Saanich Peninsula and Gulf Islands Branch of the BCGREA
OCTOBER, 2018



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 Allen and Colleen Coccola, and Gloria MacLucas (attending the special "Membership Director's" meeting) who joined me in attending the Annual General Meeting of the BCGREA in Tsawwassen on October 17th. Some of the highlights were . . .

- **Mark Costales** from Johnson Inc. addressed the meeting and provided information on improved coverage. The improvements involve both 'Medoc' and 'Prestige' Travel Insurance with a substantial increase in medical coverage and trip cancellation/interruption. New ID numbers are to be issued to policy holders. Call or write Johnson Inc. for more information on your personal needs.
- **Sally Thompson**, from Hearing Life Canada spoke about their programs for helping our members with free hearing tests and products to aid hearing. She again offered to address individual branches. She also mentioned that they could offer a 'lunch' presentation.
- **Collette Travel** was scheduled to make a presentation to the AGM, however, Todd Bridges was unable to attend. **Tom McLean** – Tribes - spoke on offering a group trip to BCGREA and other services he offers. Bookings are done on line through the website. Website and access codes will be provided to BCGREA for our website.
- **Al Barclay** (Co-chair and Membership Chair, Branch #400, Grand Forks) has been appointed to replace Nancy Stewart as Provincial Membership Secretary. Nancy stepped down due to illness. Al spoke to the meeting about the activities of the "Recruitment and Retention" Committee. Please see the special report by our Vice-chair, Al Coccola on the next page.
- **Nominations and Elections** –
 - President — Ken Pendergast was nominated and declared elected by acclamation.
 - 1st Vice-President – Art Kaehn was nominated and declared elected by acclamation.
 - 2nd 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

Special Report

The provincial Retention and Recruitment committee met before the AGM on October 16, 2018. I am a member of this group.

The committee was put together to battle the problem of declining enrolment. Over the last few years a couple of branches have folded and others are experiencing difficulties in maintaining members.

The committee discussed several suggestions and started plans to implement some of the ideas.

- There will be a poll sent to the branch executives to help understand the health of the individual branches.
- The committee will pursue producing a promotion video that would be shown at the "approaching retirement seminars". As well it would be on our website and could be sent to prospective members.
- The Kelowna branch folded in February. Some members of the committee are trying to revive the branch. This involves travel, time, and working with the membership to stir up interest.
- Names and contact information of the committee membership will be added to our website so individuals can contact members directly for support.
- The committee will send out an email to our membership asking for technical support for our information technology needs. If you know of anyone with the skills who might be interested please let me know.

Other possibilities are being considered as the committee reviews more ways to deal with the issue. If you have thoughts or suggestions, I would be happy to hear from you.

Al Coccola
Vice Chair
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Our Branch **Christmas Luncheon** will be held on **Monday, December 3rd, 11:30 a.m.** at the **St. Andrews Church Hall, 9691 - 4th 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 29th.

Tickets cost \$20.00 per person for members and guests will be \$25.00, 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 Peninsula 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*



The ***Peninsula Singers*** are performing a 'matinee', **'Tis The Season'** on **Sunday, December 9th** at the Mary Winspear Centre.

For our faithful members who attend our meetings and activities, the Branch has purchased a block of tickets for the afternoon performance on Sunday, December 9th. We are offering these tickets at our October 23rd meeting at a great discount. The tickets are **\$15.00 per person** and may be bought from our Secretary at the meeting. Don't miss this great opportunity to see a wonderful show at a bargain price. Be early, as there are a limited amount of tickets left.

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 5:00 p.m. ~ Tuesday to Friday (December 11th thru Dec. 14th). **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 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 2019

For those members who are not on the automatic dues check-off system, your \$20.00 annual membership fee for 2019 is due on January 2nd 2019. 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

BAKED MINCEMEAT CHEESECAKE

Crust:

2 c. graham wafer crumbs
1/2 c. melted butter

1/3 c. white sugar

Filling:

1-250g package of cream cheese, softened
2/3 c. evaporated milk
2/3 c. white sugar
1/4 tsp. nutmeg
1/8 tsp. cloves

3 eggs, separated
1/4 tsp. salt
1/4 tsp. all-spice
1/2 c. mincemeat



Mix ingredients for crust and put into a 9" springform pan. Put it about 2" up the sides as well as on the bottom. Keep a bit of the crumbs for the topping.

Beat together cream cheese and evaporated milk until smooth. Blend in egg yolks, one at a time. Combine 1/3 c. sugar with the spices and then beat into egg mixture.

Stir in the mincemeat. Beat egg whites to stiff peaks, add the other 1/3 c. sugar and continue beating until very stiff. Fold in mincemeat mixture. Pour into prepared pan. Sprinkle reserved crumbs on top to form a ring around the top. Bake at 300 degrees for 1 1/4 to 1 1/2 hours or until almost set. Cool and decorate with sweetened whipped cream.

CINNAMON ROLL COOKIES

1c. butter or margarine
3/4 c. white sugar
2 1/4 c. flour
1/4 tsp. salt
8 oz. cream cheese

1 egg
1/2 tsp. baking soda
2 tbsp. melted butter
3 tbsp. brown sugar
1 1/2 tsp. cinnamon

Cream together the butter, cream cheese and white sugar. Add the egg. Then mix in the flour, salt, baking soda until well blended.

Roll out the dough to 1/4" thick. Brush with melted butter, sprinkle on brown sugar and cinnamon.

Roll up like a jelly roll - 12 to 16 inch lengths.

Refrigerate for 2 hours or put in freezer for 1/2 an hour.

Slice and bake at 350 degrees for about 8 - 12 minutes until slightly golden

ANNUAL REPORT

September, 2017 – June, 2018

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 261 and as of June 30th 2018, the membership stood at 258.

September 2017 – Our year started with the September meeting and a presentation by Sidney's Town Crier Kenny Podmore treating our members to an explanation of his life as a 'Crier' and the joys of volunteering.



October 2017– October's meeting was well attended and had a presentation by Sharon Walker, the manager of the Sidney/North Saanich Library – how the Library has changed over the years.

November 2017 – At our November meeting we had a wonderful presentation by Graham Scholes – Artist (Japanese Wood Block Printing).

December 2017 - 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 (Wed. to Sat., Dec. 6th to 9th - 10 a.m. 'til 5 p.m.). We successfully raised **\$2,941**. Thank you to all our volunteers.



The Sidney Christmas Parade was held on December 3rd and we entered our decorated car for the celebration.



Our Christmas Lunch was held on Dec. 5th. Again we donated funds and non-perishable food items to the Sidney Lions' Food Bank. The lunch was fantastic and we enjoyed great entertainment from the "Dickens Carolers".





January 2018— At our January meeting we were re-visited and enjoyed a re-cap of the “Vimy Flight – a Mission of Remembrance” project presented by Paul O’Reilly.

February 2018 – At the February meeting Pat Nichol gave a wonderful motivational talk for seniors.

March 2018 – On March 12th several of our members enjoyed a guided tour of the B.C. Air Museum, followed by a lunch at Mary’s Bleue Moon Café.



The March meeting presentation was introduced by our Vice-chair, Allen Coccoia and included Nelson Dewey and Josh Kully on ‘Comics and Pop Culture’.

April 2018 – At our April meeting a wonderful presentation was made by Maureen Alexander on the “History of the Malahat”.

May 2018— A full slate of executive officers was elected or acclaimed for the 18/19 year. Our guest speaker was Arthur Vickers, artist and carver. A great presentation.



June 2018 – Our Branch held a “year-end” celebration luncheon, honouring our 20 year members. The delicious catered lunch was provided by our membership director, Gloria MacLucas and her team. ‘**ELVIS**’ (Mark Davies) entertained and numerous prizes were drawn for our members enjoyment.



August 2018 – A group of members visited the Carey Mews Tea House and Museum at Government House in Victoria on August 7th. Good eats, great visit and interesting collections.

PRIZES - Here is a list of *WINNERS at our 'Year-end Celebration' luncheon in June:*

\$50. Thrifty Food – Gift Certificate - Ellen Woods

The following prizes were donated by the Branch Executive members:

\$25. Home Hardware – Gift Certificate	- Barb Charlton
\$25. Co-op – Gift Certificate	- Stephen Hives
\$25. Dickens Liquor Shoppe	- Al Coccola
\$25. Sea Glass Restaurant	- Carolyn Hole
\$25. Tim Hortons	- Ernestine Crawford
\$25. Tanners Books	- Heather Hives

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.

