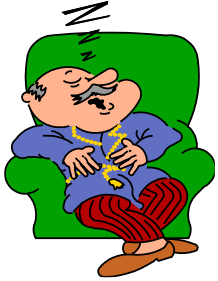




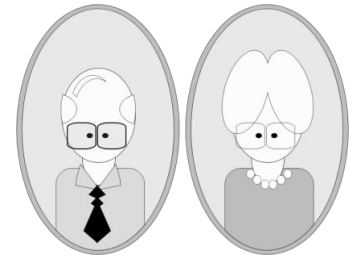
## The PenGuIN

Newsletter of the Peninsula and Gulf Islands Branch #2500 of the BCGREA  
September, 2021



### FROM THE CHAIR

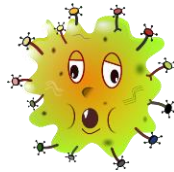
WE MISS YOU!



Living in a bubble has not been very much fun, and we look forward to better times for our active group.

**Thank you** to our members for understanding the need to cancel meetings and activities during the 'Pandemic' that we are experiencing.

Our last meeting was in March 2020 and we've been quarantined since that time. The year starting in September 2020 and ending in June 2021 has basically been a complete wash-out which is understandable for the safety of our particular senior population. We are trying to make plans for the future, but, the goal posts keep getting moved and we have an obligation to be very cautious.



### **Covid-19 plus Delta variance!**

Since our last newsletter there has been some activities by our Provincial body and very limited activities from our local branch. Here is a re-cap of what is happening and what we hope is to happen in the future:

### **News from the Provincial Office!**

The Annual General Meeting of the BCGREA is to be held at the Tsawwassen Inn on Wednesday, October 20<sup>th</sup> at 9:00 a.m. Delegates from Branch #2500 will be attending (maybe by 'Zoom') on your behalf. Isobel MacKenzie, the BC Seniors Advocate is the scheduled guest speaker for this event.

The re-build of the Provincial web site is worth a look for our members and should be recommended to prospective new members that you may know of. Also, they are seeking a new "Editor in Chief" of **THE PEN** (Provincial Newsletter). Anyone interested from our branch is encouraged to apply.

Two resolutions have been submitted for consideration by the Victoria Branch. Any member of our branch who wants to have their opinion known should contact myself or our Secretary, Colleen Cocola. They are as follows:

TITLE: Amendment to Time Limits for Sending Resolutions to the Provincial Secretary and related notice periods  
WHEREAS the current 70 day time limit for the presentation of special resolutions by Branches to the Secretary is unduly onerous on Branches and  
WHEERAS all communications respecting notice of special resolutions are now presented by electronic message (email) eliminating the dependency on the postal system

BE IT RESOLVED That the current 70 day time limit set out in Section 5 of the Meeting Policy and Procedure guide be amended to a 40 day time limit and, be it further resolved that the time frame for the Secretary to send out such notices to Branches under section 7 be reduced from 40 days to 20 days as a consequential amendment.

Presented by Victoria Branch 1200

The Resolutions Committee has determined that the motion is appropriate and supports this motion

TITLE: Amendment to the honorarium status for Table Officers

WHEREAS the table officers are taking on increasing responsibilities as the organization develops making the roles more onerous and difficult to recruit and

WHEREAS there has been considerable inflation with no recent increase in the modest honorarium given to table officers

BE IT RESOLVED that the honorarium for table officers be increased by 50% across the board.

Presented by Victoria Branch 1200

The Resolution Committee has determined that the motion is appropriate however takes no position on its merits.

RESOLUTION COMMITTEE Members Brian Green, Jean Stickman, Bill Solberg, Pat Dickson, Terry Prentice, Terry Burgess.

As you all know, our world has been changed. First, we stayed home, avoiding any contact outside of necessary essential services and activities; then we slowly adapted to the "New Normal" of social distancing, wearing masks when in public areas, and constant hand washing.

From all reports that we have gotten, our members are coping as best as they can, but I am ever-hopeful that a way will be found for us to resume our monthly meetings.

We will keep you informed

As Dr. Bonnie Henry says . . . **Be Calm, Be Kind, Be Safe**

*John MacLucas*  
**Branch #2500 Chairperson**

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## **WANTED!**

Our Branch Executive is hanging on and doing the best that they can under poor conditions, We haven't been able to hold Branch elections for two years and changes happen in our lives putting various pressures on our activities and abilities. We **need** more volunteers to help on our executive. Corrine Marshall, after years of outstanding service as our "Director of Entertainment", is no longer able to fulfill that roll. We need someone to replace that duty and assist the executive in making decisions on our future. More 'hands' make for lighter work. All that is required of you is to participate in some short meetings (currently being held by "Zoom") and share ideas and plans for the future of our Branch. Please contact a member of the executive if you are interested in helping.

**Branch #2500 Special Event!**

Members of Branch #2500 were very proud to participate in a “Drive-by Celebration” for Barb Chorlton’s 104<sup>th</sup> Birthday. We gathered together on Canora Road in Sidney and paraded by her home in Summergate Village at 3:30 p.m. on June 6<sup>th</sup>.



Barb became a member of the Victoria Branch in 1980 and was a founding member of the “Peninsula and Gulf Islands Branch” when it was formed.

A large bouquet of flowers and balloons were presented to her and some members presented flowers/gifts as we drove by. Unfortunately, the pandemic prevented us from a more close-up and personal celebration.







A group of our members got together for a round of 'Mini Golf' on August 15<sup>th</sup>.

It was our first social event since March, 2020 and we hope to be able to get other activities planned soon.



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*An up-date from Ken Pleasance on Erika's condition since our last notice to our Branch members (please note that not all of Ken's up-dates have been published to our members, to be specific, after trying chemotherapy for six treatments she decided to discontinue them and her condition improved slightly – editor)*

It seems hard to believe it was last April I sent the last update on Erika's condition with her cancer. She was getting ready to go to the Kingfisher Oceanside Resort & Spa with her niece, Lynda and also to visit her sister-in-law, Elfrieda. Both of these events took place and were enjoyed greatly by Erika.

She has enjoyed a good quality of life since then but the advance of the cancer on her well-being is beginning to appear. About 6 weeks ago, she had a couple of days of vomiting and nausea again, something that had not occurred since my previous update. This gave us quite a lot of concern as we had booked a family vacation for us and our three children and their spouses on the Rocky Mountaineer Rail Tour from Vancouver to Banff for August 15<sup>th</sup> to 20<sup>th</sup>. Her oncologist reacted very quickly and changed one of her medications and the episodes stopped. We took the Rail Tour and all of us enjoyed it immensely. Lots of smiles and laughter along the way, although the smoke and clouds hid many of the scenic mountain tops as we approached Banff. The next morning in Banff, the weather was incredible and we enjoyed the gondola ride to the top of the nearest summit to enjoy the marvellous scenery. Truly beautiful. We then spent two nights in Canmore before catching the shuttle to Calgary and our flights home. We all arrived home in good shape, elated but exhausted and very relieved that we were all able to enjoy the love and company of our family.

Since we have arrived home, Erika has slowed down quite a bit. Perhaps it is more noticeable to us now because she was so pumped up from the rail trip. She feels exhausted for much of the day and has little stamina. Daytime naps are important to her so we are gradually having to make some adjustments in our daily routines. She still gets up and makes my meals, washes the dishes and clothes and shops (with help from our daughter). Thankfully, we have a housekeeper that comes in biweekly to do the cleaning. She has managed to keep her weight up but has lost a lot of appetite for food. These are worrisome signs. So we are carrying on, living day by day and being thankful for the good ones.

It is now a year since Erika was diagnosed with her cancer and given a prediction of 9 to 12 months survival. So she has beaten the odds so far. Do you think that having her 80<sup>th</sup> birthday in June, my 81<sup>st</sup> birthday in August and our 58<sup>th</sup> wedding anniversary today has had anything to do with her tenacity? I will let you decide.

Kindest regards,

Ken Pleasance

## RECIPES

From the kitchen of Ellen Woods



### **POLKA DESSERT**

1c. flour	1tsp. baking soda
1 egg	1/4tsp. salt
1c. white sugar	1tsp. vanilla
1tbsp. butter	1 can of Fruit Cocktail

Mix all ingredients together, except the Fruit Cocktail. Then stir in the Fruit Cocktail and pour into a greased 8 inch square baking dish. Sprinkle 1/2 cup of brown sugar over the top. Bake about 1 hour at 350 degrees or until a nice golden brown. Serve with whipped cream or ice cream.

### **PUMPKIN SWIRL CHEESECAKE**

18 Ginger Crisp Cookies	1/4tsp. nutmeg
1/4c. finely chopped pecans	3 pkg. cream cheese, softened
1/4c. melted butter	1tsp. vanilla
3/4c. granulated sugar	1c. canned pumpkin puree
3 eggs	Dash of cloves

Using a rolling pin, crush the cookies to make crumbs, then combine crumbs, pecans and butter. Press into bottom of a 9 inch spring for pan. Beat cream cheese, 1/2c. of sugar and vanilla with electric mixer until well blended. Add eggs, one at a time, mixing on low speed after each addition just until blended. Remove 1 cup of batter. Stir remaining 1/4c. sugar, pumpkin and spices into remaining batter. Spoon pumpkin batter onto crust, top with spoonfuls of reserved batter. Cut thru batters with a knife several times for swirl effect. Bake at 350 degrees for 45 minutes or until center is almost set. Cool completely. Refrigerate for 4 hours or overnight. Makes 12 servings.

### **WHITE CHOCOLATE CRAN-PECAN COOKIES**

1/2c. butter, softened	1 1/2c. flour
1/2c. packed brown sugar	1/2tsp. baking soda
1/2c. white sugar	3/4c. white chocolate chips
1 egg	1c. dried cranberries
1 1/2tsp. vanilla	1/2c. chopped pecans

In a large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. Combine flour and baking soda; gradually add to creamed mixture and mix well. Fold in cranberries, chips and pecans. Drop by tablespoonful, 2 inches apart, on to cookie sheet. Bake at 375 degrees for 8-10 minutes or until lightly browned. Makes about 2 1/2 dozen.