



The PenGuIN

Newsletter of the Peninsula and Gulf Islands Branch #2500 of the BCGREA
May, 2024

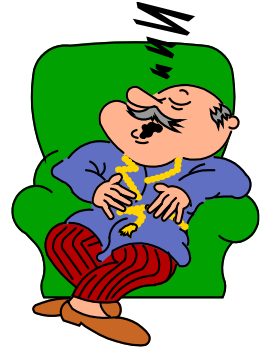


FROM THE CHAIR

Our branch continues to be both entertaining and informative. . . .

Your executive makes a terrific effort to bring you a variety of subjects for our meetings that should stimulate your participation and encourage your attendance. It is also a great opportunity to socialize with fellow retirees, keep up-to-date on seniors concerns and activities and community events and issues.

At our meeting in November 2023, our guest presenter was Ian Cameron speaking on the topic of the Saanich Inlet Preservation Society, the history of the society, current campaigns and present battles. Ian's presentation contained a wealth of knowledge and members were engaged and well-entertained.



December, we celebrated the 'festive season' with a group "**Xmas Brunch**" at the Prairie Inn on December 6th. Over 40 members had a great meal and social with a great menu and door prizes for all.



At our January meeting I introduced the guest presenter Mark Costales, representing Johnson Inc. Insurance Company, to speak about the new insurance provider.

Johnson Insurance is a Canadian company established in 1880 and has had a relationship with the BCGREA since 1997. They offer travel, health, dental and home insurance. Johnson Insurance is joining Belairdirect, also a Canadian Insurance company. Mark encouraged BCGREA members to enter the monthly draws for \$2,500 each month until end of August. Mark's presentation was very informative and he advised the information provided is also on their website. He gave a good explanation of the differences in available products. Members asked a number of specific questions and Mark answered the ones he could but he suggested contacting the customer service line. Mark also compared the company's plans with other companies such as BCAA.

At the February meeting our guest presenter was Ian Cameron, a member of Branch 2500. Ian's presentation was entitled "Baja Bash" and was a very interesting and entertaining account of his travels with two other sailors to bring back a sailboat from Mazatlan, Mexico to San Diego, California.

In March I introduced the guest presenter Dr. Jim Kingham. Jim got his PhD in Biochemistry from the University of Waterloo in 1968 and spent the rest of his personal and professional life searching for, and finding, solutions for environmental problems. He recently published a book entitled "Solutions for a Wounded Planet". Jim presented on the present conditions of the global environment. He provided suggestions for what can be done personally, in families, in the community and at the Municipal, Regional, Provincial, National and International levels. Dr. Kingham is almost ready to publish another book.....stay tuned!

SPECIAL SOCIAL

On April 9th we gathered a group of members at the "Beacon Brewing Co." facility for an afternoon of **Music Bingo**. Lot's of fun and prizes





At our April meeting I introduced the guest presenter, Berle Zwaan from Community Engagement Dept. at the Saanich Police Department. She presented statistics on fraud; the top 5 types of fraud they hear about and how to respond to them; what we can do to protect ourselves; and the three R's: recognize (stop, take 5 minutes, breathe, 'does this make sense?'), respond/reject (be rude), and report (bank, police, Equifax, and Transunion).

Special Event

On **Tuesday May 28th** you are invited to a "conducted tour of **Dominion Brook Park** on East Saanich Road" at **1:30 p.m.** Our member, Dr. Ian Cameron will take us on a walking tour of the park. For those who are interested we are suggesting a finish to this excursion at "The Roost".

Keep informed with other BCGREA happenings on the web-site bcgre.ca

GET INVOLVED! Come to our meetings and hear all about it. . .
(the next meeting will be on Wednesday, May 22nd at 1:30 p.m.)

John MacLucas
Chairperson



OUR ELECTION FOR CHAPTER EXECUTIVE IS HAPPENING AT OUR MAY MEETING!

A couple of hours per month is all that is required to help with planning future activities, celebrations, speakers and monthly meetings.

BE PART OF THE DYNAMIC TEAM OF DECISION MAKERS . . .

LET YOUR NAME STAND FOR POSITIONS ON OUR EXECUTIVE. NOMINATIONS MAY BE MADE THROUGH THE NOMINATING CHAIR – **John MacLucas (250) 656-3374 or johnrsanta@shaw.ca**



Special Notice!

We are planning a spectacular year-end celebration:

BCGREA Branch #2500 "Tail-gate Party"



Wednesday, June 26, 2024- - 1:30 p.m.

at

St. Elizabeth Church - 10030 3rd Street, Sidney

Hamburgers, Salads, etc. (provided) - - *please bring your own chair*

Tickets are required - Members \$5.00/ non-members \$20.00

(if the weather is bad, we will cook outside and eat inside)

Tickets will not be available at the event

Tickets will be available at our May meeting or:

Order your tickets today by sending a cheque or money order payable to BCGREA to: Kathy Ford, Treasurer, Branch #2500, BCGREA 2402 Twin View Drive, Victoria, B.C. V8Z 7E9 or, e-transfer to bcgrea2500@gmail.com (please include all names of ticket holders). Call Kathy at 250-652-0031 if you have any questions.

TICKETS must be purchased by June 20th, THEY WILL BE HELD FOR YOU AT THE DOOR

BCGREA Annual Directors' Meeting – April 23rd 2024

The Directors' meeting was held via "ZOOM" and John MacLucas represented members of Branch #2500. There were no observers from our Branch participating. The 'Provincial Table Officers' conducted the meeting from a location in Abbotsford to provide easy access for delegates.

Minutes of this meeting are published and may be accessed through the Provincial Web-site.

The President's report included an excellent overview of the status of our 'health' as an organization and the particular needs for the growth and sustainability of the BCGREA.

Other reports included the introduction of a new recruiting information pamphlet that was shown and made available at our April meeting; a Treasurer's Report on the status of our finances; the Merchandise Committee report; and, the Membership Secretary introduced two motions for changes to the BCGREA Policy and Procedures:

The "Branch Formation Procedure" was moved and passed as published.

The following motion was also discussed at length and passed.

Title: Change to the Delegate Formula in the BCGREA "Policies and Procedures".

Preamble: A Poll of all members with emails showed that a majority want only one delegate to be entitled per branch.

Whereas BCGREA bylaw 11 (c) states that "Delegates to general meetings shall be selected by branches in accordance with a delegate formula approved by the directors." and

Whereas the proposed change is not inconsistent with the current BCGREA bylaws and

Whereas the Delegate Entitlement Committee approves the following proposed change to the delegate formula

Therefore, Be It Resolved that in the BCGREA Policies and Procedures, the following wording:

Delegate formula 1. Voting members at Annual and General Meetings shall include the Officers, Directors, and Delegates elected by Branches as follows:

a) All active Branches may elect one delegate.

b) Delegates appointed by branches and registered at a meeting shall be accredited.

Of the 25 votes recorded there were 15 in favor 7 against, and 3 abstained. Motion carried.
(Branch #2500 voted in favour of the proposal)

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends. **X** The easiest way to find something lost around the house is to buy a replacement. **X** Have you ever noticed: **X** Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it. **X** Some people try to turn back their "odometers." Not me. I want people to know why I look this way. I've travelled a long way and a lot of the roads were not paved. **X**

Ah! Being young is beautiful but being old is comfortable.

From the kitchen of Ellen Woods

BANANA SQUARES

1 1/2 cups flour
2/3 cups butter
3 tbsp. brown sugar

1/2 package of miniature marshmallows
18 maraschino cherries, quartered
1 large banana, coarsely chopped

Mix flour, butter and brown sugar well. Pat into a greased 8" square pan. Bake for 10 minutes at 350 degrees. Cool. Melt marshmallows over hot water, add cherries and banana, then spread over the base. Cool and then it can be frosted.

Frosting:

8 tbsp. butter
12 tbsp. icing sugar

2 tbsp. boiling water
2 tbsp. ice water

Beat until stiff peaks form. Spread on the squares.



CHOCOLATE CARAMEL BARS

Crust:

1 cup flour
1/2 cup packed brown sugar
1/2 cup butter

Filling:

2 cups coarsely chopped pecans

1 cup flaked coconut

1-300ml sweetened condensed milk

Topping:

1-227g package of caramels
1 cup chocolate chips
2 tbsp. milk or light cream

For the crust, combine flour and brown sugar. Cut in the butter until mixture is crumbly. Press into greased 13 X 9 pan. Bake at 350 degrees for 12-15 minutes. Filling: sprinkle pecans and coconut over crust, then pour condensed milk over the top. Bake another 25-30 minutes or until filling is set. Cool for 10 minutes. Then melt caramels, chocolate chips with the milk or light cream in a small saucepan at low heat until well combined. Spread over the filling. Cool completely before cutting into squares.

CHERRY OAT SLICES

1 cup flour
1 tsp. baking soda
1 cup rolled oats
3/4 cup butter

1 egg, well beaten
1/2 cup brown sugar
1/4 cup medium coconut
4 or 5 ounces glazed cherries, halved

Combine flour, baking soda, 1 cup brown sugar and rolled oats. Add butter and rub with fingers until crumbly. Press into a 9" square pan. Beat the 1/2 cup brown sugar into the beaten egg. Stir in coconut and halved cherries. Spread on the base. Bake for about 45 minutes at 300 degrees until lightly browned and it is set.