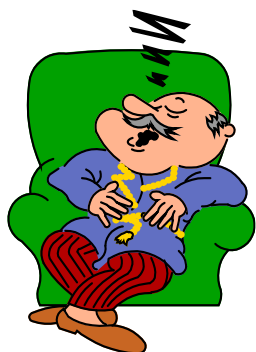




The PenGuIN

Newsletter of the Peninsula and Gulf Islands Branch #2500 of the BCGREA
May, 2025

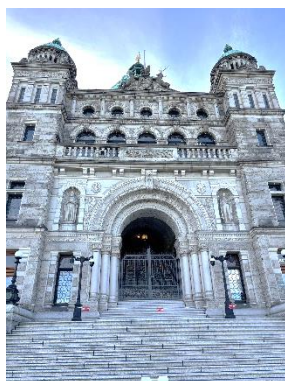


FROM THE CHAIR

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.

To continue from our last newsletter, a group of our members toured the B.C. Legislature Building and enjoyed a lunch at the "Legislature Dining Room" on November 5th..



At our November meeting Chris Gainor, a member of Branch 2500, spoke on the topic of the Avro Arrow airplane and historical events.

Chris shared a little information about himself and how he became involved in speaking about the Avro Arrow. He was involved in media communications in the Legislature in the 1990's. He always had an interest in space exploration and was encouraged to write about Canadians that worked on the Avro Arrow and went on to work at Nasa. Chris has written several books. His first book was "Arrows to the Moon: Avro's Engineers and the Space Race", and his second book was "Who Killed Avro Arrow?" Chris gave an informative and interesting presentation with details about Canada's contribution to manufacturing, ship building and other military contributions during World War II in addition to the history of the Avro Arrow project and Canada / USA working together on projects. Avro Canada built

six Avro Arrows and several other aircraft before being shut down in February 1959 when about 58,000 workers were laid off. Chris said there are now a number of Avro Arrow replicas in museums and apparently the blueprints still exist. There are also several books that have been written on the topic in addition to his. Mark Poire brought a book and a model of the Avro Arrow to share.

December, we celebrated the 'festive season' with a group **"Xmas Breakfast"** at the Prairie Inn on December 11th. About 40 members had a great meal and social with a great menu.



"Santa" delivers beautiful hand-made cards to everyone.



In January we held a special Branch meeting at the B.C. Air Museum. There were 36 members in attendance. We enjoyed a delicious "Pizza Lunch", followed by a terrific guided tour of the museum.



At our February's meeting Linda Petite, Head Gardener at the Horticultural Centre of the Pacific (HCP), was our guest presenter. She is the head gardener at the HCP, teaches classes, and plans and manages the gardens. From the end of February to April, many people are starting to work on gardening cleanup, pruning, splitting plants, weeding, etc. Students from Horticultural College are helping with this work at the HCP. It is also the time to start seeds indoors. Linda gave an excellent slide show and presentation on various aspects of gardening, such as pruning, composting, seeding, dividing plants and more and her slides provided detailed information about each topic. She also provided an overview of activities at the HCP and offered information pamphlets.

March brought us a presentation by Lisa Hansen. Lisa is a Business Advisor Specialist, Business Development Strategy and Planning for Johnson Inc./Belair Direct. Johnson Inc. has been serving BCGREA members since 1997. They offer home, condo and tenant insurance as well as travel and group extended health and dental benefits. Lisa's detailed presentation via slide show explaining the various plans available to BCGREA members was excellent and very informative.

Our April presenter was Dan Levitt, the Seniors Advocate for the Province of BC. The Office of the Senior's Advocate, established in 2014, is an independent office within the BC government that focuses on the well-being of seniors and their caregivers. It monitors and analyzes seniors' services across the Province, makes recommendations to address systemic issues, and provides information and referrals. The Seniors Advocate's work is guided by the Seniors Advocate Act. The Seniors Advocate reports to the Minister of Health and is paid by the Provincial Government but acts independently to advocate for seniors in British Columbia and bring concerns forward to government.

On April 30th, the "Annual General Meeting of the BCGREA" was held at the Tsawwassen Inn. The delegates from Branch #2500 were Kathy Ford and myself. Kathy Ford attended a meeting for Branch Treasurers on the 29th of April.

The highlights of the AGM were:

After opening remarks and adoption of the agenda, our Affinity Partners were given a few moments each to address the group, They were:

- a. Tom McLean – Trip Merchant – new website that can be accessed on BCGREA website. New contest – seven-night cruise.
- b. Tom Martell – Manulife Insurance – Zoom – spoke briefly on insurance products.
- c. Hearing Life – Cheryl Anderson – explained benefits – 10% off for self and family members, plus price matching.
- d. Bel-Air Direct -Mark Costeles – home insurance – As of July 2025 all benefits offered to BCGREA members are changing to Bel-Air Direct – Prestige is changing to Journey travel plan. All benefits remain the same.
- e. Leslie Gaudette – COSCO = Conference and AGM – October 4th and 5th, - Equity and Aging – Airport Sheridan Inn – Richmond. Dan Levitt – B.C. Seniors' Advocate – was the keynote speaker and he addressed Senior's issues in British Columbia and the advocacy he does on ageism, income, housing, health care, etc.

Stuart Morgan, Shelley Lamont and Fabian Palmer presented a discussion on coverage from Green Shield. Green Shield adjudicates claims, pays approved claims, provides customer service and reports to the Board. Board of Trustees sets what the coverage will be. Concerns about coverage should be sent to the Board. See www.pspp.pensionsbc.ca

Shelley Lamont from GreenShield spoke on options of communication – customer call centre 5:30 am to 5:30 pm. Monday to Friday. Green Shield is a not-for-profit organization. It is 100% a Canadian Company. Fabian Palmer spoke on how to use the Green Shield plan member site. Call centre can be accessed for any issues on plan coverage. There is no cost for providers to use the Green Shield on-line service. They are working on streamlining access for reports for income tax purposes

Harlan Enns was the Keynote Speaker in the afternoon session. Harlan spoke of the role of the BC Investment Corporation which is delivering value to its members (those of us who receive pensions).

Elections for Provincial Executive were conducted by Jodine Ducs –The nominations for President — Brian Green; - 1st Vice- President — Wilf Brodrick and 2nd Vice-President — Tammy Welch were all elected by acclamation.

On May 16th a group of our members were treated to a fantastic tour of the “Centre for Plant Health” on East Saanich Road, North Saanich. Dr. Mike Rott, along with other staff, conducted the tour and also was our guest presenter at our May meeting.



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

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

John MacLucas
Chairperson

SUGGESTIONS NEEDED!

We are making plans for future involvement for our membership. Branch #2500 is made up of a diverse group of retirees with unlimited skills and ideas for us to participate in. We want to hear from you.

If you have ideas, we want to hear them. Contact any executive member, or, better yet, speak up at our meetings.



We are planning a spectacular year-end celebration:

Wednesday, June 18, 2025 - - - 1:30 p.m.
at
St. Elizabeth Church - 10030 3rd Street, Sidney



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

Buy your tickets now for our great “Year-end BBQ party”.

Tickets are required - Members \$15.00/ non-members \$30.00

Bring your own lawn chair! (if the weather is bad, we will eat inside)

Tickets will not be available at the event.

***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 10th. THEY WILL BE HELD FOR YOU AT THE DOOR

RECIPES

From the kitchen of Ellen Woods



ROCKY ROAD SQUARES

3c. mini marshmallows
2 1/2 c. Rice Krispies
2/2 c. corn syrup
1/2 c. creamy peanut butter
1 c. semi-sweet chocolate chips

In a large bowl , combine marshmallows and Rice Krispies. In a saucepan, combine syrup and chocolate chips, stir over low heat until smooth and melted. Remove from heat, stir in the peanut butter, pour over marshmallow mixture and mix well. Press firmly into a greased 9 inch pan. Chill for a couple of hours and then cut into squares.

APPLE LEMON STREUDEL

6 apples, peeled and chopped
1 c. granulated sugar
3 tsp. grated lemon peel
3 tbsp. lemon juice
1 tsp. cinnamon
1 double pie crust pastry
1/4 c. chopped pecans

Combine apples, 3/4 c. sugar, 1 tsp. lemon peel, lemon juice and cinnamon and a set aside.

Make the pastry adding remaining 1/4 c. sugar, and 2 tsp. of lemon peel. Divide pastry in half. Roll one 1/2 into a 9 X 13 rectangle . Place it in an oblong baking dish, top with filling. Roll out the remaining pastry to fit on top of filling. Pinch the long edges together. Cut several slits in the top; sprinkle with some additional sugar and the pecans. Bake for 35 minutes at 400 degrees or until apples are tender. Serve hot or cold.

Very nice with a scoop of vanilla ice cream!!

