



## The PenGuIN

Newsletter of the Peninsula and Gulf Islands Branch #2500 of the BCGREA  
November, 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.



On June 18<sup>th</sup> we celebrated our year end with a delicious Barbeque Picnic with Hamburgers, Poutine, Salads, etc. We were able to celebrate 20 year memberships for two couples at this occasion. Ron and Val Osland have been members for 22 years and John and Gloria MacLucas have been members for 20 years.



At our September meeting our guest presenter was Ryan Mikucki, Co-founder of Trip Merchant. Trip Merchant has been in partnership with the BCGREA since 2018. Ryan gave an excellent presentation and included information about the benefits and savings for BCGREA members using Trip Merchant for their travel needs.

At our October meeting the guest presenters were Liza Cooney and James McCullough from Sidney Pharmacy. Alexis Coxon, PharmD Candidate 2026 also attended with a slide presentation. Much information was given to our members that were there and many questions were asked. Mark Poire and I attended an extraordinary general meeting of the BCGREA via 'Zoom' on October 15<sup>th</sup>.

In addition to the usual reports from the Table Officers, there were three Resolutions presented for voting. One was for the approval of honourariums for Branches that wanted to have them. (our Branch Executive did not think we needed them). The second resolution spoke of increasing the price of annual membership (details are available on the BCGREA web-site [bcgre.ca](http://bcgre.ca)). The third resolution was a housekeeping issue related to the duties of the "Past President".

There was an excellent presentation by "Folks Digital" about the benefits and pitfalls of "Facebook".

On the afternoon of October 15<sup>th</sup>, I attended the "Annual Directors' meeting".

Keep informed with other BCGREA happenings on the web-site [bcgre.ca](http://bcgre.ca)

**GET INVOLVED!** Come to our meetings and hear all about it. . . *(the next meeting of our Branch will be on Wednesday, November 26<sup>th</sup>, at 1:30 p.m.)*

*John MacLucas*

Chairperson



## It is time for our Annual Elections of “Branch #2500” ‘Executive’ volunteers.

At our up-coming November meeting we must elect our executive for 2026. We are urgently needing help to ensure the continuing success of our Branch. Please consider putting your name forward at this time. The commitment is not onerous. The executive meets every second month for a short morning meeting. Planning for the future is all that we ask of you.

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## 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.

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To start the Christmas Season off we have again planned a special event this year!

On **Wednesday, December 10<sup>th</sup>**, you are invited to a **Branch Xmas Breakfast** to be held at the “Prairie Inn Neighbourhood Pub” in Saanichton. Great food and lots of ‘Door Prizes’ are expected. Breakfast will be served at **9:30 a.m.**



The menu is the same as last year. There are seven choices for you to pick from. The meal also includes juice, and either tea or coffee. All of this for only **\$25.00** per Br. #2500 member or **\$35.00** per guest (includes tax & gratuity).

Tickets will be available at the **November meeting** or:

*Order your tickets today by sending a cheque or money order or e-transfer payable to **BCGREA** to:*

Kathy Ford, Treasurer, Branch #2500, BCGREA 2402 Twinview Drive, Victoria, B.C. V8Z 7E9 or, e-transfer to [bcgrea2500@gmail.com](mailto:bcgrea2500@gmail.com) (please include all names of ticket holders) call Kathy at 250-652-0031 if you have any questions.

**NOTE: Ticket sales end Dec. 1<sup>st</sup>. There will be NO tickets available at the door.**



### *Christmas Breakfast Menu*

(choose one item)

– December 10<sup>th</sup>, 2025 at 9:30 a.m.-

Prairie Inn Neighbourhood Pub – 7806 East Saanich Road

#### *Cinnamon French Toast*

PORTOFINO BAKERY SOURDOUGH WITH 3 LOCAL SAUSAGES OR RED BARN BACON  
SUB VEGAN SAUSAGE OR GLUTEN FREE BREAD AVAILABLE

#### *Crab Cake Benny*

TOASTED ENGLISH MUFFIN, GRILLED CRAB CAKES,  
HOLLANDAISE SAUCE TOPPED WITH DICED RED ONIONS

#### *Classic Benny*

TOASTED ENGLISH MUFFIN, RED BARN BACK BACON, HOLLANDAISE SAUCE  
MAKE IT VEGETARIAN SUB AVOCADO AND TOMATOES

#### *Monte Cristo*

EGG DIPPED PORTAFINO SOURDOUGH, FRESH TURKEY,  
SMOKED HORTTEL HAM, SWISS CHEESE AND CHEDDAR

#### *Farmers Omelette*

MIXED CHEDDAR CHEESE, SAUSAGE, MUSHROOMS, PEPPERS,  
DOLLAR FRIES OR FRUIT SALAD AND YOUR CHOICE OF TOAST  
SUB VEGAN SAUSAGE

#### *Basic Breakfast*

2 EGGS, LOCAL SAUSAGE & BACON DOLLAR FRIES  
OR FRUIT SALAD & TOAST

#### *Vegan Breakfast*

NON-EGGZ SCRAMBLED EGGS, VEGAN SAUSAGE,  
HASH BROWNS & TOAST

All of the above includes Coffee, Tea & Juice





## **ORANGE PUMPKIN LOAF**

1/3 c. butter or margarine  
1 1/3 c. white sugar  
2 eggs  
1 c. canned pumpkin  
1/3 c. water  
1 medium size orange, ground  
2 c. all purpose flour  
1 tsp. baking soda  
1/2 tsp. baking powder  
3/4 tsp. salt  
1/2 tsp. cinnamon  
1/2 tsp. cloves  
1/2 c. chopped nuts  
1/2 c. raisins or chopped dates

Cream butter and sugar together well. Add eggs. Beat lightly. Add pumpkin and water. Stir. Cut and remove seeds from orange. Put in blender and grind complete orange including the peel. Stir into batter. Next, in large bowl combine flour, baking soda, baking powder, salt, cinnamon, cloves, nuts and raisins or dates, mixing well. Stir into batter. Put into a greased loaf pan and bake at 350 degrees for 1 hour. Test with a toothpick. Let stand for 10 minutes before removing from the pan.

## **ORANGE COCONUT COOKIES**

1 c. butter or margarine, softened  
2 tbsp. grated orange rind  
1 1/4 c. white sugar  
2 eggs  
1/4 c. milk  
2 c. all purpose flour  
2 1/4 tsp. baking powder  
3/4 tsp. cinnamon  
1/4 tsp. salt  
1 c. rolled oats  
3/4 c. shredded coconut

Cream butter, orange rind and sugar together well. Beat in eggs 1 at a time. Add milk. In another bowl, stir flour, baking powder cinnamon and salt together and add to creamed mixture.. Stir in oats and coconut. Drop by spoonfuls onto a greased baking sheet. Bake in 400 degree oven for 8 to 10 minutes. Makes about 4 dozen.