



## The PenGuIN

Newsletter of the Peninsula and Gulf Islands Branch #2500 of the BCGREA  
November, 2023



### 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.

In our last newsletter I forgot to include a group activity that we did. A number of members took advantage of a group tour of the “Level Ground Coffee” facility in Central Saanich. A very informative and delicious presentation organized by Elizabeth Wong.



At our May meeting the guest speakers were from the ‘Shoal Centre’- Deb Greenaway, Manager - Community Services, Jennifer Van Es - Interim Director, Yasmin Rampuri - Community Engagement, and Brecken – co-op student. They provided a comprehensive overview of the variety of Shoal Centre programs, from meals and recreation to counselling and health care support and more, some of which provide opportunities for volunteering.

The May meeting also included our election of officers:

President – John MacLucas; Vice President – Mark Poire; Secretary – Sheena Heuman; Treasurer – Kathy Ford; and Membership Director – Elizabeth Wong were all elected by acclamation.

Directors at Large – Refreshment Director – Ellen Woods; Activities Coordinator – Carol Aston; Director at Large Welcoming – Mike Woods; Director at Large – Carolyn Hole were all also elected by acclamation.



At the end of June we celebrated our year end with a “Tail-Gate Party”.



More than 40 members enjoyed a b-b-que feast. ‘Special thanks’ to our organizers & servers Carol Aston, Kathy Ford, Carolyn Hole and Elizabeth Wong. Double the special thanks to Gary Ford and Don Wong for the skillful & delicious cooking.



As well as feasting & socializing we took advantage of the event to honour members who have reached the milestone of 20 years membership in the BCGREA. Mike & Norma Sealey and Russell Flower received a complimentary lunch, life member pin and a Certificate.







Our September meeting opened our year with a very entertaining and dynamic introduction to “Volunteerism” by Lisa Mort-Putland from ‘Volunteer Victoria’.

Our meeting in October was well attended and our guest speaker was Mary-Anne Neal (a Branch member). In 1971, Mary-Anne lived with the Dene people in the remote Sahtu communities of the Northwest Territories. Now she supports their efforts to improve learning outcomes and build leadership capacity. Her fifty-year friendship with the Dene is chronicled in her award-winning memoir, “Under the Midnight Sun: Journey with the Sahtu Dene”. Mary-Anne's presentation included artifacts from the far North, photos of life in northern Indigenous communities and a display of books written by the Dene.

October also brought the “Annual General Meeting of the BCGREA” on October 18<sup>th</sup> at the Tsawwassen Inn. The delegates from Branch #2500 were Kathy Ford, Elizabeth Wong and myself. The highlights were: Election of officers - Congratulations to Brian Green and Patrick Harkness for their re-election to President and Second Vice President positions respectively. Congratulations to George Bowden for his election to First Vice President, with much thanks extended to outgoing Vincent Sherry. *Please note that the minutes of the AGM are available at the BCGREA website.*

There were several changes to our by-laws and constitution proposed (some accepted and some rejected). The issue of the number of delegates to attend and vote at future general meetings is still at the committee reporting level and hopefully will be resolved at the next Directors’ meeting which will affect the number of delegates to the next AGM.

Tom Vincent (chairperson) and Stuart Morgan from the Public Service Pension Plan Board of Trustees gave a ‘glowing’ report on the state of our pension plan. Mark Costales from Johnson Inc. gave a short presentation on the future offerings from them regarding Home, Travel, Health Insurance through their new association and re-branding with “Belairdirect”. We have invited them to speak at one of our future Branch meetings.

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 will be on Wednesday, November 22<sup>nd</sup> at 1:30 p.m.)*

*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.



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

On Wednesday, December 6<sup>th</sup>, you are invited to a Branch Xmas Brunch to be held at the "Prairie Inn Neighbourhood Pub" in Saanichton. Great food and lots of 'Door Prizes' will be expected. Brunch will be served at 10:00 a.m.

Below is a copy of the menu. There are seven choices for you to pick from. The meal also includes juice, and either tea or coffee.

All of this for only \$20.00 per member or \$30.00 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 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 Brunch Menu*

(choose one item)

– December 6, 2023 at 10:00 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

## **RECIPES**

From the kitchen of Ellen Woods



### **Corn-Zucchini Muffins**

1c. each flour and cornmeal  
1c. shredded Old Cheddar cheese  
2 tsp. baking powder  
1/2 tsp. each dry mustard and salt  
1 tsp. baking soda  
1/3 c. shortening  
2 tbsp. granulated sugar  
1 egg  
1 c. canned creamed corn  
1/2 c. 1% plain yogurt  
1 small zucchini, grated

In a large bowl stir together flour, cornmeal, 1/2 c. cheese, baking powder, baking soda, mustard and salt. In a separate bowl, using electric mixer; beat together shortening and sugar until fluffy; beat in egg. Stir flour mixture into shortening mixture all at once, along with creamed corn, zucchini and yogurt; stirring just enough to moisten. Spoon in muffin pan and sprinkle remaining cheese on top.

Bake 15-20 minutes in 375° oven

### **Unbaked Chocolate Oatmeal Bars**

4 c. oatmeal  
1 c. sweetened flaked coconut  
1/2 c. raisins  
1/2 c. butter  
1 1/2 c. white sugar  
1/2 c. milk  
1/2 c. cocoa, sifted  
1 tsp. vanilla  
1 tsp. instant coffee

Line a 8" square pan with wax paper, letting it hang over the edges about 2". Combine oatmeal, coconut, and raisins in a large bowl. In a saucepan, melt butter, stir in sugar, milk, cocoa, vanilla and coffee. Bring to a boil, boil for 2 minutes, stirring frequently. Immediately pour over the oatmeal mixture. Stir well and then spoon into the prepared pan and press down firmly. Let cool, then refrigerate until ready to serve. To cut, loosen edges and use wax paper to lift the whole square from the pan and cut into squares.

Keep refrigerated. Freeze well.