



## The PenGUIN

Newsletter of the Peninsula and Gulf Islands Branch #2500 of the BCGREA  
November, 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 May meeting the guest presenter Daralynn Wei spoke on the topic of 'Orderly Affairs'.

Daralynn retired early from the BC Public Service. She had an idea to create a business with a mandate to help people to organize their affairs in an orderly way. During the early days of COVID she had an opportunity to prepare for this new business idea. She has prepared a guide and advance care planning is part of the package. Daralynn is a licensed life educator and planner and offers advanced care planning services in person in Victoria or anywhere in the province by Zoom.

Daralynn shared many helpful tips and planning advice, offered some handouts including an Orderly Affairs Questionnaire and encouraged members to access her website [www.orderlyaffairs.ca](http://www.orderlyaffairs.ca) for further information. The Orderly Affairs Guide is available through the website.

At the May meeting it was decided to postpone our election of executive officers until our November meeting to align with our fiscal year-end on December 31<sup>st</sup>.

At the end of June we celebrated our year end with a "Barbecue Picnic"

Members enjoyed a b-b-que feast. 'Special thanks' to our organizers & servers and 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. Life Member pins and Certificates were presented to Lynn Abrams & Rieko Gurney.

Our September meeting opened our year with Kirsten Schafer from Peninsula Crossfit speaking on the topic of Nutrition.

Kirsten is a nutrition coach, fitness instructor and mindset coach at Peninsula Crossfit and she enjoys working with Seniors. Kirsten gave a very uplifting presentation to members about acceptance and appreciation of our bodies, the importance of social connections as we age and guidance about nutrition and our ability to make personal gains at every stage of life.

Our meeting in October was well attended and our guest presenter was Ryan Heuman, son of Branch 2500 members Bill and Sheena Heuman.

Ryan spoke of his experiences growing up with a disability and his Stellys High School trip to the summit of Mount Albert Edward, Strathcona Park, Vancouver Island. Members enjoyed Ryan's uplifting presentation and video of his amazing high school trip.

October also brought the "Annual General Meeting of the BCGREA" on October 16<sup>th</sup> at the Tsawwassen Inn. The delegates from Branch #2500 were Elizabeth Wong and myself. Kathy Ford attended a meeting for Branch Treasurers on the 15<sup>th</sup> and Elizabeth Wong attended a Branch Membership Directors meeting also on the 15<sup>th</sup> at the Tsawwassen Inn.

The highlights of the AGM were:

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. His talk was very well received and many questions were asked.

Angie Sorrell – Chair – Public Service Pension Plan and Stewart Morgan from the Board of Trustees gave a 'glowing' report on the state of our pension plan.

Leslie Gaudette spoke to us about COSCO (Council of Senior Citizens Association) and how it promotes and enhances the health of seniors in BC. It is volunteer driven and each major affiliate can appoint 5 delegates.

Mark Costeles – Bel Air/Johnson provided an update of his organization – Gifts were presented -

Cheryl Anderson – Hearing Life – gave an update on her company and presented a gift basket.

Al Coccola from Branch #2700 gave a "Merchandise" Presentation and he encourages each branch to have a contact person for merchandise promotion.

Elections for Provincial Executive were conducted by Past President Ken Pendergast. – The nominations were for approximately 6 months until our next AGM in April 2025.

President — Brian Green; - 1st Vice- President — Wilf Brodrick and 2nd Vice-President — Tammy Welch were all elected by acclamation.

*Please note that the minutes of the AGM are available at the BCGREA website.*

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 27<sup>th</sup>, at 1:30 p.m.)***

*John MacLucas*  
Chairperson

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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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### **Special Advance Notice!**



Our Branch's “**special**” **January General Meeting** will be held at the **BC Aviation Museum** on January 22<sup>nd</sup>, 2025 at 1:00 p.m. We will need to know how many people will be coming and tickets will be \$5.00 for Br. #2500 members including a tour of the museum after the meeting. The Branch will be subsidizing the event. There will be a limited number of seats available, so, book early. Tickets will be available at the November meeting and from our Treasurer. **No tickets after December 31<sup>st</sup>.**



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

On Wednesday, December 11<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’ will be expected. Breakfast will be served at 9:30 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 \$22.00 per 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 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 11<sup>th</sup>, 2024 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 HORTEL 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



### SKOR TOFFEE CHOCOLATE BARS

3/4c. of butter or margarine

3/4c. packed brown sugar

1-1/2 c. flour

2 tbsp. butter or margarine

1-300g. pkg. milk  
chocolate chips

1-300ml can sweetened condensed milk

1-225g pkg. Skor Chips

Cream the first 3 ingredients until well blended and mixture comes together.

Press evenly into a 9X13 pan. Bake at 350 degrees for 20 - 25 minutes until light golden brown.

Cool on cooling rack. Heat sweetened condensed milk and 2 tbsp. butter, stirring constantly over medium heat for 5 - 10 minutes or until thickened. Spread over baked base. Sprinkle chocolate chips evenly over the top. Bake for 2 minutes or until chocolate is shiny and soft.

Spread the chocolate evenly and sprinkle Skor chips on top and press lightly into chocolate. Cool completely.

Store at room temperature.

### CINNAMON DIAMONDS

1c. butter

1 egg yolk

1/2 - 3/4c. liquid honey

Mix well and spread on a 10X15 cookie sheet.

2 c. flour -all purpose and whole wheat mixed

1-2tsp. cinnamon

TOPPING:

Beat egg white and spread over the base and press any of the following into the mixture with a fork.

- peanuts and chocolate chips
- sunflower seeds and chocolate chips
- chocolate chips and coconut
- unsalted peanuts

Then bake at 350 degrees for 15 - 20 minutes. Cut while hot into squares.

