



## The PenGuIN

Newsletter of the Peninsula and Gulf Islands Branch #2500  
of the BCGREA  
May 2026



### 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.



Our November meeting included a presentation from **Norma Sealey**, one of our Branch members for many years. Norma Sealey is also a member of the Saanich Pioneer Society and her presentation included a great deal of interesting information on the history of the Saanich Peninsula, its early settlers who were mostly farmers and the history of the Log Cabin Museum and Archives.

In December our members who attended were treated to a sumptuous Branch Xmas Breakfast held at the "Prairie Inn Neighbourhood Pub" in Saanichton.



Our first meeting of the year was in February. Our guest presenter was **Sharon Walker**, the Library Manager for the Sidney/North Saanich Regional Library, located at 10091 Resthaven Drive in Sidney. The library has many accessible services for Seniors and people with disabilities.

Our guest speaker at the March Meeting was **Michael Goodchild**, Executive Director of the Sidney Archives and Museum. Michael made an excellent presentation and slide show on the history of the museum and past and present exhibits and encouraged members to visit the museum.

The featured Speaker at the April meeting was **Corporal Pat Bryant**, Community Engagement Officer of the Central Saanich Police. He spoke about scams on computers, cell phones and home phones, particularly common for seniors.

I attended the Annual General Meeting of the BCGREA in Tsawwassen on April 23<sup>rd</sup>:

Some of the highlights were:

Two affinity partners spoke briefly about their products . . . Hearing Life – Shannon McMaster -the sounds we hear affect our life experiences. We listen with our ears; we hear with our brain. She provided tips on enhancing hearing for others and ourselves. . . . Bel-Air Direct -Travis Melnychuk– Group Benefits and travel – digital tools, two travel plans, extended health and dental

Terri Van Steinburg, COSCO BC Second Vice-President Spoke about the close connection between COSCO and the BCGREA.

Angie Sorrel from PSPP reported that the Pension Investment account is very healthy – 112% funded - plan has grown. – 1.4:1 active employee/retiree ratio – leaning to be more conservative – investments must protect the long-term growth of the plan – 30% invested in Canada – cannot react to short term news – must think about long term growth – always monitoring the news, but no knee-jerk reactions. There are documents on PSPP and BCI websites.

The “keynote” speaker in the afternoon was Connie Jorsvik, Former RN and Patient Advocate – Navigating the BC Healthcare System. – All information is available on the website [www.patientpathways.ca](http://www.patientpathways.ca)

Reports were presented by the table officers and may be viewed on the web-site [bcgre.ca](http://bcgre.ca).

Elections were held and the results were: President — Wilf Brodrick, 1st Vice- President — Merrilee Ashworth and 2nd Vice-President — Tammy Welch - Elected by acclamation.

**GET INVOLVED!** Come to our meetings and hear all about it. . . *(the next meeting of our Branch will be on Wednesday, May 27<sup>th</sup>, at 1:30 p.m.)*

*John MacLucas*

Chairperson



## 'Executive' volunteers.

At our up-coming November meeting we must elect our executive for 2027. Some of our members cannot continue, We are urgently needing help to ensure the continuing success of our Branch.

Please consider putting your name forward at this time. Shadowing our present executive will ensure continuity. 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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We are planning a special event for our **June 24th** meeting. Presentations will be given for those members who have attained **20 year membership in the BCGREA.**

This event will be a: **'PIZZA' PICNIC in the PARK! at 1:00 p.m.** To be held at the "Log Cabin Museum" on Polo Park Crescent in Saanichton. In order to provide adequate refreshments, we need to know how many members will be attending. Tickets will be on sale at the May meeting. \$10.00 for members and \$20.00 for guests.



**Please bring your own chairs!**

*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. ***Ticket sales end June 16<sup>th</sup>.***

## RECIPES

From the kitchen of Ellen Woods

### Rhubarb Pudding Cake

Base:

- 4c. rhubarb cut into small pieces
- 1/2 c. melted butter
- 1 c. brown sugar



Place rhubarb in a 9" x 13" pan. Melt the butter and stir in sugar. Spread over the rhubarb.

Topping:

- 1 1/3 c. flour
  - 1 c. white sugar
  - 2 tsp. baking powder
  - 1/2 tsp. salt
  - 1 egg
  - 1/3 c. butter
  - 1 tsp. vanilla
  - 1/2 tsp. lemon juice
- Mix well and pour over the rhubarb  
Bake at 350 degrees for 40 - 45 minutes

### Heavenly Oatmeal Bars

- 1 c. butter
- 1 1/3 c. of dark brown sugar
- 2 tsp. vanilla
- 5 1/3 c. of quick rolled oats
- 3/4 c. of light corn syrup

Beat butter and sugar until fluffy. Stir in corn syrup, oats and vanilla. With buttered fingers, pat mixture evenly into a greased 9" x 13" pan. Bake for 16 minutes at 350 degrees. {it will still look moist in the center.} DON'T OVERBAKE.

Cool on a rack until lukewarm. Then spread warm glaze on top. Cool completely before cutting.

Glaze: Put 2c. of semi sweet chocolate chips and 1 c. smooth peanut butter in a small saucepan. Stir over low heat until chocolate melts and the mixture is smooth.. Spread on top of the base.