

Year-end Picnic Lunch

You are invited to attend our year-end celebration on **Wednesday, June 24th, 2009.**

We will all meet at the Saanich Historical Artifacts Society's **Heritage Park** at **12:30 p.m.**

A **BAG LUNCH** will be provided; (lunch will consist of a hearty sandwich, giant cookie, piece of fruit and cold juice). **Tickets at \$13.00** per person will be available at our May meeting or by calling our Treasurer, Erika Pleasance, at **250 656-6030**. Please indicate if you wish to have a "vegetarian" sandwich for the lunch provided. Please purchase and pick up your tickets by June 15th ~ Tickets will not be available at the door.

Hope to see you all there before our summer recess.

Inside this issue:

Events	2
Attendance prize	2
Recipes	3
Video	3
Are you retired?	4
Are you getting older?	4



The PenGUIN

Newsletter of the Saanich Peninsula and Gulf Islands Branch #2500

Spring 2009



Christmas Luncheon 2008

Our annual **Christmas Luncheon** celebration was held at Glen Meadows Golf Club. We honoured two of our members who have attained "Life Member" status. George Emmond and Frank Townsend were presented their cards by our Chairman, John MacLucas. Other members who attained the 'Life Member' distinction, but could not attend the celebration, were sent their cards by mail. The turkey buffet was delicious and enjoyed by all. This year, along with our usual array of door prizes and gift exchanging, we were pleased to have Eric Roberts, The *MAD HATTER*, who entertained us with song, memories and humour. Again, a great time was had by all, and those who couldn't attend were missed. **Please make a special note not to miss our next Christmas luncheon to be held at Glen Meadows Golf & Country Club on December 15th, 2009.**

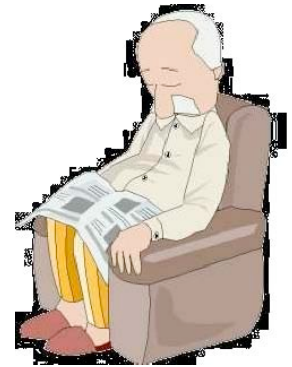
FROM THE CHAIR

It's SPRING, and we are almost through another exciting year for the BCGREA #2500 Branch. We have been busy since the last edition of our newsletter. The Christmas party was wonderful with a good turnout of members, excellent entertainment, and delicious food.

In January, our guest speakers were from the Federal Taxation Branch and members who attended were keen to learn about the 2008 taxation changes. February brought an exciting meeting with our guest speaker, Jessie Mantle, from the speakers' bureau, University of Victoria. She spoke on "Your health Records . . . Get Your Personal Health Facts Straight". Also, in February, our Branch Secretary organized another excursion to the Chemainus Theatre for a delicious buffet lunch and production of "Letters from Wingfield

Farm" . . . which was enjoyed by all who attended. In March there was a very interesting presentation by Isobel McKenzie from 'Beacon Community Services' speaking about the volunteer services provided to seniors in our area. Those members who attended were very impressed. April brought us a very interesting and entertaining talk from Carol Green, President of the 'Sidney Lions Club' as she gave a history of the 'Lions' organization and their involvement with our community . . . another entertaining and informative talk. Look in the upcoming events section of this newsletter for what is happening next and the events that you should not miss!

As you can see from the above brief description of Branch activities, we have indeed been fully occupied; however, attendance at our meetings



and functions continues to be a baffling problem for your executive. The "attendance promotion draw" now stands at **\$110.00** for that lucky member who is at the meeting where his or her name is drawn. Your executive tries extremely hard to have a variety of interesting topics and speakers for our monthly meetings and the attendance of our branch members is appreciated, but, we are disappointed

(See 'Chair', page 2)

LETTER FROM WINGFIELD FARM

On February 4th, 2009, 17 members from our branch enjoyed a return bus trip to Chemainus for a buffet lunch and the theatre presentation of 'Letter from Wingfield Farm'. Rod Beattie, a well known Canadian actor, played

several roles in this production keeping the audience well entertained.

A similar trip to see Oklahoma in either June or July was offered, but due to a lack of interest this trip has been cancelled.



From the Chair



UP-COMING EVENTS

May 26, 2009 (Election Meeting) - Guest Speaker from Victoria International Airport Authority

June 24, 2009 Annual wind-up Picnic

Sept. 27, 2009 - Guest Speaker Ian Cameron (Rugby in New Zealand)

Oct. 22, 2009 – Heather Thurston (U-Vic Speaker) on “Representative Agreements”.

ATTENDANCE PRIZE

As an incentive to get members out to meetings, last March the executive decided to hold a draw. ALL members names will be entered for a \$10 prize. In order to claim the prize **the winner must be present at the time of the draw.** The prize will be cumulative: if not claimed when drawn, the following month the prize total is increased by \$10.00. At the May meeting the prize total will be \$110.00 and if not claimed, will increase for the September meeting to \$120.00

with the numbers who manage to come out. **WHAT CAN WE DO TO FURTHER INVOLVE YOU?** Come to our meetings at 1:00 p.m. on the 4th Tuesday of the month and participate in discussions, suggestions, questions - - - enjoy our excellent refreshments provided by our Director Ellen Woods and enjoy the fellowship of other retired government employees.

At the May meeting we will hold our annual election of officers. Please consider becoming a member of our executive. It is not an onerous task, but rather a good way to put your ‘brainstorming’ skills to good use. It requires only your enthusiasm and a small commitment of your time. Contact any member of your executive or

Stephen Hives –

Nomination Committee Chair at (250) 656-4586 to put your name forward for this rewarding activity.

We look forward to stimulating the interest of our members and involving as many of you as possible in a variety of events designed for you.



The BCGREA Provincial Executive have produced an excellent promotional video for those retiring government employees who seek information about our organization. Please visit the BCGREA website at www.bcgrea.com and be sure and let your friends who have retired or those about to retire know about us.



Director (refreshments) Ellen Woods bakes our delicious refreshments for each of our meetings. Here are some of our favourites:-

IRRESISTIBLE PEANUT BUTTER COOKIES

- | | |
|------------------------------------|----------------------|
| 3/4 c. creamy peanut butter | 2 tsp. vanilla |
| 1/2 c. shortening | 1 3/4 c. flour |
| 1 1/4 c. firmly packed brown sugar | 3/4 tsp. baking soda |
| 1 egg | 3/4 tsp. salt |
| 3 tbsp. milk | |

Cream peanut butter, shortening, brown sugar, egg, milk and vanilla in large bowl at medium speed of electric mixer until smooth and creamy, about 1 1/2 minutes. Add flour, baking soda and salt gradually and thoroughly blend. Drop by rounded tablespoon onto cookie sheets. Bake at 375 degrees for 7 - 8 minutes or until just set and beginning to brown. Makes about 3 dozen cookies.

CRANBERRY OATMEAL COOKIES

- | | |
|---------------------------------------|---|
| 2/3 cup packed brown sugar | 1 tsp. baking soda |
| 2/3 cup Butter or margarine, softened | 1/2 tsp. salt |
| 2 eggs | 170g of Craisins Sweetened Dried Cranberries |
| 1-1/2 cups flour | 2/3 c. white or semi-sweet chocolate chips (optional) |
| 1 1/2 cups old-fashioned rolled oats | |

Preheat oven to 375 degrees. Using electric mixer; beat sugar and butter until light and fluffy. Add eggs; mix well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions; mixing well after each addition. Stir in Craisins and chocolate chips. Drop by rounded tablespoons onto ungreased cookie sheets. Bake for 10 minutes or until golden brown. Makes about 2 dozen large cookies.

CRUNCHY CRAN-NUTTY CARROT COOKIES

- | | |
|---------------------------|--|
| 3 c. rolled oats | 1-8 ounce can crushed pineapple, undrained |
| 1 c. flour | 1 c. flaked coconut |
| 1 tsp. baking soda | 1 c. carrots, peeled and shredded |
| 1 1/2 c. Granular Splenda | 1 c. dried cranberries |
| 2 large eggs | 1 c. chopped nuts (I used pecans) |
| 1/2 c. canola oil | 1 tsp. vanilla |

Preheat oven to 350 degrees. Combine oats, flour and baking soda; set aside. Combine Splenda, eggs and canola oil in large bowl, stirring until blended. Add pineapple with the juice, coconut, carrots, cranberries, nuts and vanilla, stirring until blended.. Add the dry ingredients. Stir well. Drop by tablespoonfuls on cookie sheet. Bake 10 minutes. Makes about 4 1/2 dozen cookies.

ENJOY !!!

Submitted by Ellen Woods

More thoughts on growing older...

Growing old is mandatory; growing up is optional.

Insanity is my only means of relaxation.

Forget the health food; I need all the preservatives I can get.

Blessed are those who hunger and thirst, for they are sticking to their diets.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

Perhaps you know why women over 50 don't have babies: They would put them down somewhere and forget where they left them.

My mind not only wanders, sometimes it leaves completely.

Every time I think about exercise, I lie down till the thought goes away.

God put me on Earth to accomplish a certain number of things. Right now I am so far behind, I will live forever.

It's frustrating when you know all the answers, but nobody bothers to ask you the questions.

If you can remain calm, you just don't have all the facts.

Stress reducer: Put a bag on your head. Mark it "Closed for remodeling." Caution: Leave air holes.

I finally got my head together and my body fell apart.
There cannot be a crisis this week; my schedule is already full.

RETIREMENT QUESTIONS

Q. When is a retiree's bedtime?

A. Three hours after he falls asleep on the couch.

Q. How many retirees does it take to change a light bulb?

A. Only one, but it might take all day.

Q. What's the biggest gripe of retirees?

A. There is not enough time to get everything done.

Q. Why don't retirees mind being called senior citizens?

A. The term comes with a 10% discount.

Q. Among retirees what is considered formal attire?

A. Tied shoes.

Q. Why do retirees count pennies?

A. They are the only ones who have the time.

Q. What is the common term for someone who enjoys work and refuses to retire?

A. NUTS!

Q. Why are retirees so slow to clean out the basement, attic or garage?

A. They know that as soon as they do, one of their adult kids will want to store stuff there.

Q. What do retirees call a long lunch?

A. Normal

Q. What is the best way to describe retirement?

A. The never-ending Coffee Break.

Q. What's the biggest advantage of going back to school as a retiree?

A. If you cut classes, no one calls your parents.

Q. Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

A. He is too polite to tell the whole truth.