



BCGREA CARIBOO BRANCH 1700 NEWSLETTER

<https://bcgre.ca/>

March 2 2024

Greetings Friends

Spring is in the air - hopefully we will hear the birdsongs of the cranes and geese soon! If you are planning a road trip this summer check out safety tips <https://www.icbc.com/road-safety> and don't forget the "under 10,000 km per year" insurance discount - for more information contact your insurance provider or see <https://www.icbc.com/insurance/costs/distance-based-discount>.

Branch 1700 has been busy planning the **Spring Open Houses** for our members. We encourage all retirees that receive BC Pension Plan benefits to join the BCGREA. (see poster below)

Seniors Health Advocacy Meeting Quesnel - Feb 16, 2024 Victor Johnson, Quesnel representative, attended the **BC Seniors Health Advocacy** meeting. The "Office of the Seniors Advocate" is an independent office of the BC provincial government acting in the interest of seniors and their caregivers. Vic reported that Cariboo participants expressed concerns with health services, housing, cost of living, transportation and support services. This report has interesting findings <https://www.seniorsadvocatebc.ca/osa-reports/resourceful-and-resilient-challenges-facing-b-c-s-rural-seniors/>

BC Public Service Pension News: The BCGREA Trustee supports [BC Public Service Pension Corporation](#). Check out the PSPP website for 2023 Annual Report <https://pspp.pensionsbc.ca/annual-report>, investments, videos, member benefits, pension adjustment: <https://pspp.pensionsbc.ca/> BCGREA is also a member of the [National Pension Federation](#), which advocates for CPP benefits and seniors interests. There is lively info on their website: <https://youunified.ca/landing?uid=611fbd0a8b34d99c3aeb0c5f>,

BCGREA Dues: Thank you to everyone that enrolled in the automatic dues payment currently \$20/year. Active Members pay their membership dues by authorising the Pension Corporation to deduct the dues automatically from their February pension payment. Link: <https://bcgre.ca/join/> For those few that have yet to pay their 2024 dues, please contact Michelle Schilling 778-444-7112.

Life Member Pins: Branch 1700 presented pins to six BCGREA members 20+ years. Congratulations Ruby, Anna, Ralph, Lloyd, Debbie and Phil. Phil Erickson is a founder of Branch 1700 who continues to volunteer and play several sports in Quesnel. These retirees sure held interesting occupations in the public service and continue to live active lives! Let us know if you are a member over 20 years.

BC Senior Games: The 55+ BC Games will be held in Salmon Arm from September 10 -14 in 2024.

This annual multi-sport event is hosted by a different community each year in the Province of BC as the largest sporting event for the 55+ population, with over 3000 participants annually. Here's an opportunity to try a new activity **or participate as a volunteer** in one of the 12 'zones' throughout the province. There is everything from track & field events & pickleball to low impact activities such as horseshoes, darts and card games such as cribbage. To visit the main website, search:

<https://55plusbcgames.org> **Registration is open from March 1st – June 30, 2024.**

For a list of events and link to registration coordinators in your zone:

Zone 8 - South Central (Clinton) zone8info@55plusbcgames.org

Zone 9 - North Central (70 Mile House to PG) <https://zone9info@55plusbcgames.org>

BCGREA Athletics is a concept to encourage members to attend events outside the usual branch activities. The BCGREA Recruitment and Retention Committee would like to hear from anyone interested in attending any of the group activities or to participate as a volunteer in the 55+ BC Games. Contact chair.branch800@bcgre.ca or co-chair.branch1700@bcgre.ca



BRANCH 1700 - Spring Open House Events



Come join us for *coffee, donuts and door prizes* at the spring BCGREA Branch 1700 Open House for BC Pension Plan Recipients, BCGREA Members, and employees within 5 years of retirement *BCGREA Membership Eligibility:* <https://bcgre.ca/join/>

- **100 Mile House:** Tuesday, **March 19th 2024** – Service BC conference room. 300 Cariboo Hwy 97 11am-2pm Pension Plan presentation: 12:15 -12:45
- **Williams Lake:** Tuesday, **March 26th 2024** – Service BC Cariboo Meeting Room – 540 Borland Street 11 am- 2 pm Pension Plan Presentation 11:15 -11:45 Speaker: TBA 12:15 - 12:45
- **Quesnel:** Tuesday, **April 9th 2024** – Cariboo Library meeting Room – 101-410 Kinchant Street 11 am – 1 pm. Pension Plan Presentation time 12 -12:30

*Open House Contact: Michelle Schilling,
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