



NANAIMO/MID ISLAND BRANCH #600 SPRING NEWSLETTER 2024



CHAIR'S REPORT **Lawrence Johnson**

The last day of April 2024 and I am just sitting down to write my final Chairperson's report to the Branch Newsletter. I have one more membership meeting to chair, the May 14, 2024 meeting. I have two more Branch Executive meetings to Chair, the May and September meetings and one more luncheon to oversee in June. Gloria and I have booked a river cruise in Europe for the fall so we will not be able to attend the membership meeting in September when elections will be conducted to elect a Branch Chairperson and a Branch 1st Vice-Chairperson. The branch executive is reaching out to all 700 plus branch members to step forward to take up the challenge to participate in guiding the affairs of this branch. If you are able, reach out to myself or any other executive member on how you can help. We are also looking for a new Treasurer as Gloria has indicated that she will resign at the end of the present fiscal year on December 31, 2024. The sooner someone indicates they are willing to become the Branch Treasurer the sooner we can help familiarize you with the duties of the position. There will also be a province wide Branch Treasurer's meeting in Tsawwassen in October giving the new treasurer a chance to meet with other branch treasurers and the Provincial Treasurer to enable an improved understanding of the functions of Branch Treasurers and financial policy.

Again, contact any branch executive member or even better talk to Gloria Johnson on the job requirements of the Branch Treasurers position.

The Branch has it's regular monthly meetings on the second Tuesday of each month at the Unitarian Hall at 595 Townsite Road here in Central Nanaimo. Our program director Lea Campbell has lined up some interesting speakers for the remainder of 2024. We even have organizations approaching us, in one incident an organization came to us and asked to speak at one our meetings. To me this means that we are becoming known within our community and gives you a chance to become an active participant in both your branch and your community. The guest speaker for our May 14, 2024 meeting is from "Nanaimo Family Life" come to the meeting and find out how they provide service and interact with our community. Tickets for our June 11, 2024 Spring Luncheon will be available at our May 14, 2024 membership meeting at a cost of \$15.00 each for members and \$21.00 each for non members. If you are unable to attend the May meeting you can contact Branch Treasurer Gloria Johnson at 250-616-3827 or via email: gloria.johnson.321@gmail.com for tickets.

The B.C.G.R.E.A. Directors Meeting was held via Zoom on Tuesday April 23, 2024 with the Table Officers gathered in Abbotsford. I must say that I find these Zoom meetings frustrating. I feel this format hampers full discussion and debate on issues being discussed. However that is just my personal opinion and not necessarily the opinion of others. We discussed and passed by motion a change to the Delegate Formula attending Annual General Meetings. All Branches will now send one delegate only to the Annual General Meeting plus the Chairperson of the Branch. In other words each branch will be sending two members to the Annual General Meeting regardless of the amount of members belonging to each branch. In other words the branch with the largest number of members will be entitled to the same number of delegates as the branch with the smallest number of members in the branch. I voted against this motion as did some other branches but a majority of the Directors and Table Officers voted in favour thus all branches will be sending their Branch Chair plus one more member elected as a delegate to the Annual General Meeting in October. The 1st Vice President informed the directors that our Association's Constitution and Bylaws have been updated and deposited with the authority responsible under the "Societies Act".

We also adopted a written procedure on the formation of a new branch which was researched and put forward by the "Recruitment and Retention Committee. The "Communications Committee" introduced an updated Introductory Brochure. You can view the brochure if you wish at our May meeting. If you have any ideas where we can leave some of these brochures to encourage eligible retirees or soon to be retired employees to join our association let myself or any other branch executive know. For a more detailed information please visit our website where a recording of this meeting will be posted along with a copy of the meeting minutes.

AND FINALLY I must say the past two decades have been both a challenge and a pleasure. When I retired in 2001 and moved to Nanaimo from Prince George we knew a very small number of people. However after attending my first meeting and let it be known that I was willing to help I knew that I had found a group of people who where both welcoming and helpful. Some of us have become life long friends. I thank each and everyone of you for your friendship and your support. I will continue to support this organization and branch. I hope to keep the friends that I have developed and hope to make many many more. See you at the May meeting and the June luncheon.

= GET INVOLVED =

Spring is the time of plans and projects."

Leo Tolstoy



1st Vice Chair

Lea Campbell



Happy Spring Greetings to all our Branch 600 Members. As the 2024 spring season shines let's all enjoy the transitions of cooler and shorter days to the warmth and brighter evenings.

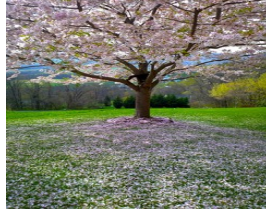
I continue to participate as a 1st vice, meeting the challenges of duties such as inviting Guest Speakers and chairing meetings in Lawrence's absence. A reminder, if you know of any speaker that may have an interesting topic, please let me know. Our Branch has had wonderful luck being able to book interesting guest speakers. With a few Speakers returning for the fall and the new year meetings.

This spring, once the snow had left Mount Benson and not returned for a week, I will be planting packages of native flowers. I hope to create a nice floral garden to attract the honey bees and butterflies, also few more humming birds. As my Mother and Grandmother would call it, a typical English Garden, I am calling it a "free style", low maintenance flower enjoyment. Like many, I had hoped that by planting vegetables last year, it would help to stretch the grocery budget. Dreams of summer harvest and fresh bouquets! While it was enjoyable and satisfying to enjoy the harvest, it really didn't stretch the budget.

A fun visit to my Sister in Williams Lake kept me from attending the 2024 Zoom Spring meeting held by the AGM held in April. I did attend the fall 2023 AGM it was an interesting meeting and I enjoyed listening to the remarks made by the more "experienced" executives when discussing changes to the bylaws. I am recognizing more Provincial Executive members and appreciating the connections.

To plant a garden is to believe in tomorrow.

Audrey Hepburn



Membership Chair Warren McCormick

Branch 600 Nanaimo/Mid-Island membership continues to grow over the latest period. Members should be aware that they can access their profile on the bcgre.ca site by clicking the MEMBERS tab and signing in with email and password. From the next page you can update the usual info such as address and phone numbers, etc. On that page if you click the MEMBERSHIP tab you will see a page with your membership info and a membership card (on the right side of the white area). Under your name you should see your Pension Corp ID number. If you do not see your number, you can find it by signing on to the Pension Corp website (pensionsbc.ca) or by looking at any paperwork from the Pension Corp. (i.e. tax forms). You should then send your Pension Corp ID number to the BCGREA using the CONTACT US form. This will help BCGREA track members better.

Support your branch by coming out to events.

The first day of spring is one thing, and the first spring day is another.

The difference between them is sometimes as great as a month.

Henry Van Dyk



Director of Special Events Maria Noel

Hello fellow BC Retirees,

I would like to invite everyone to our upcoming Spring Soup and Sandwich luncheon. It's a great opportunity to socialize, meet some new members and enjoy a lovely discounted lunch for our members. See our announcement in this newsletter for more details.

Well, spring sunshine and longer days are always welcome and a great reminder to get outside and start enjoying the nicer weather. Whether it's a walk in one of Nanaimo's beautiful parks, a longer hike, bicycling, pickleball or whatever you fancy, make an effort to take in the healing benefits of being outdoors.

As Special Events Coordinator I thought, you might enjoy checking out a few great websites where you can enjoy an inexpensive short getaway with one or more of your favourite people, a longer vacation or even some great travel bargains this summer. It's free to sign up and cancel whenever you like. <https://www.travelzoo.com/ca/>

And for those of you who like to stick around on the island or in BC, and like to save money, here is a website where you can do just that. You can sign up to receive all their information, according to deal types you are interested in (accommodations, sport events, or online services) and you can even identify which specific island location(s) you are interested in getting deal information on or the rest of BC. So check it out and treat yourself to your own special outing event. Remember Mother's Day is coming up on May 12, 2024. <https://www.islanddailydeals.com/>

Also check out their Facebook page. https://www.facebook.com/Islandddeal/?ref=embed_page&wtsid=rdr_0M7ecjyif8WHO7EL6

Wishing you all a wonderful summer. Stay strong. Stay healthy and stay active.

Some old-fashioned things like fresh air and sunshine are hard to beat.

Laura Ingalls Wilde

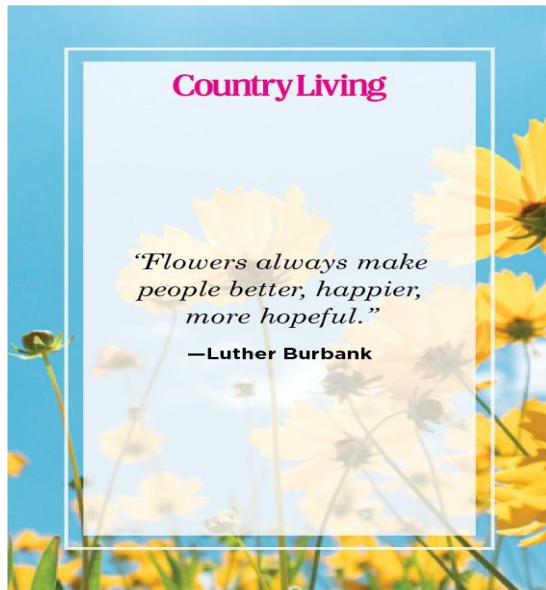


Roz Kennedy

Never too old to get out and enjoy nature, camp and socialize when you belong to an ATV club. In my role as a Director I will be assisting Lea with hosting the meetings in Lawrence's absence.

A bit more information regarding the new Dental Care Plan

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html>





Chris Crabtree

Buddy Callers/ Telephone Committee

Branch 600 Welcomes Chris as a new Executive Member. The role of the Telephone Committee Coordinator in the Executive is to gather the information for the upcoming meeting to pass on to the Committee members. As the people we contact do not receive email notifications, we also relay other important information such as changes to benefits or specials from partner companies.

My name is Chris Crabtree and I am a retired Public Health Nurse. My area of expertise was in adult, high risk populations, youth, communicable disease and travel. I organized and oversaw the flu clinics for more years than I can remember. I even got the nickname "flu queen". I have also worked in many other areas of nursing over the years but Public Health has always been my first love.

I graduated from St. Paul's school of nursing in 1970 and then did my BScN through UVic in 1986.

I am married with three grown children and have 5 grandchildren. My hobbies are varied including all types of handcrafting ie knitting, needlepoint, cross stitch and quilting. Both myself and my husband keep busy with hiking and biking (although we have now switched to e-bikes). We are also avid campers with a truck and camper and have travelled across Canada twice. We have also been very fortunate to have done a lot of travel and seen many countries. Having said that we do live in paradise and are always happy to come back home to the Island.

I recently accepted the position of Phoning Committee Chair with the BCGREA.

I have only been a member for about a year and a half but have enjoyed meeting the members and I am learning a lot about our organization and the guest speakers always give us some food for thought. I am looking forward to more camping this year and possibly a trip to El Salvador to visit with our son and his family.

In the spring, I have counted 136 different kinds of weather inside of 24 hours.

Mark Twain

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*****PLEASE GET INVOLVED!*****

Membership Meetings

The 2nd Tuesday of Jan, Feb, Mar, Apr, May == Sep, Oct, Nov

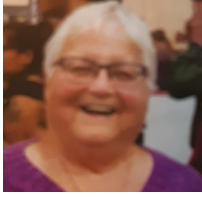
at

The Unitarian Fellowship Hall – 595 Townsite Road

1:30 pm – 3:00 pm

Chair – Lawrence Johnson	250-816-0113
1 st Vice– Lea Campbell	250-756-2587
Secretary – Kathy Torhjelm	250-753-5778
Treasurer – Gloria Johnson	250-616-3827
Membership – Warren McCormick	250-390-1068
Director of Special Events – Maria Noel	778-268-4514
Director – Roz Kennedy	250-682–5820
Director – Chris Crabtree	250-754-1716

Blossom by blossom the spring begins. *Algernon Charles Swinburne*



Kathy Torhjem – Secretary

Cranberry – Orange Scones

2 cups flour

1/3 cup white sugar

1 tbsp baking powder

1/2 tsp salt

1/2 cup unsalted butter, cold and cubed

1/2 cup cranberries

1 tbsp grated orange zest

1/2 cup table cream (maybe a little more)

1 large egg

Mix together flour, sugar, baking powder and salt. Cut in butter until mealy.

Add cranberries and grated zest. Mix egg and cream together. Add to dry ingredients.

Add more cream if necessary to make a biscuit like dough. Knead lightly.

Turn out board and cut into nine to twelve scones depending on size of cutter.

bake at 400 F for about 15 minutes.

Glaze while still warm with the following: 1 cup icing sugar, 2 or 3 tbsp orange juice, 1/2 tsp vanilla

ENJOY

My favourite weather is bird chirping weather.

Terri Guillemets



*****BCGREA SPRING LUNCH*****

Tuesday, June 11 2024

Branch 256 Legion on 1630 E Wellington Road

Doors open at 11:30 with lunch served at 12:00

Members of BCGREA Branch 600 \$15

Non-members \$21

Tickets available at our May 14, 2024 Meeting

Contact Gloria Johnson, Branch Treasurer
at
[250-616-3827](tel:250-616-3827) or gloria.johnson.321@gmail.com

Payment by Cheque, cash or e-transfer

Deadline for purchasing Lunch tickets is **Tuesday, June 4 2024**



IN MEMORY

R. David Clarkin

Wesley Lowenberg

Linda Malpass

Annie Miller

Gillian Poets

Bryan Robinson

Arthur F Vanidour

Thomas B Williams