

NANAIMO/MID ISLAND BRANCH #600 SPRING NEWSLETTER 2025





CHAIR'S REPORT Lea Campbell

It is the first few days of May and time to complete the Spring Newsletter. It is so nice to enjoy the transition to warmer weather and longer days. With Lawrence Johnson retiring from the Chair Position, I have won, by acclamation to be the next Chair. I am working at filling the large shoes and space left by his absence. Fortunately, Lawrence remains an active Member of Branch 600 and I am able to consult with him when I have questions or uncertainties.

Our Branch 600 continues to meet on the second Tuesday of each month, with a summer break of July and August. A Spring luncheon in June and a Christmas luncheon in December.

We continue our meetings with a great list of Guest Speakers lined up this year. One of our previous was our November Speaker Dan Levitt the Senior's Advocate. We invited Members from the near by Branches as well as Friends and Family members, resulting in a nice count of 33 attending the meeting. Dan was an engaging speaker who is concerned about the amount of "ageism" in society. I hope to be able to schedule him for a return visit in 2026 and to a full house.

Central Registry, maintained by Jodine Ducs continues to be a welcome assistant with distributing information. Jodine sends out our meeting reminders and assists with keeping our bcgrea.ca website up to date with current information. On the website, Branch 600, you can find the Executive contact information, minutes to the Membership meetings, newsletters, The Pen, Merchandise etc.

The largest change to our Branch and Membership is the opening of the new Cowichan Branch 2600. This resulted in a loss of 20% of our members and 1% of the Victoria Branch. With their new Executive in place they are already up and running. We all wish them the best.

The Annual General Meeting of the BCGREA was held in Tsawwassen on April 29 and 30. Attending was myself and Chris Crabtree, Kathy Torhjelm was also there as she is the Provincial Executive Secretary. The Guest speakers were interesting, with Green Shield explaining how their website works. I will be contacting them to ask if they will attend as a guest speaker in 2026. Stuart Morgan, Executive Director of the BC Public Service Pension board also presented, he will be our guest speaker on November 18th (the 3rd Tuesday of the month).

The Elections were chaired by Jodine Ducs Administrative Support. All were retained by acclamation. Brian Green Provincial President, Wilf Brodrick 1st Vice, Tammy Welch 2nd Vice, Johanna Morrow Treasurer, Kathy Torhjelm Secretary and Al Barclay Membership.

As always it was a nice event and good to chat with Executive from other Branches. I do feel we have one of the BEST memberships in the Province. With good attendance at regular monthly meetings, Luncheons and Guest Speakers.

This spring, once the snow had left Mount Benson and not returned for a week, I began planting packages of native flowers and bedding plants. I hope to create a nice floral garden to attract the honey bees and butterflies, also the 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. I am already dreaming of summer socials amid fresh flowers, butterflies, honey bees and humming birds.

To plant a garden is to believe in tomorrow. Audrey Hepburn



Warren McCormick

Membership Chair and Treasurer

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 bcgrea.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



Maria Noel

Director of Special Events

As Canada awakens to a new-found sense of patriotism, being manned by a new national leader, it is a time to reflect on who we are, where we came from and where we are going as a nation. I am delighted to welcome you to a season of renewal, growth, and change. This year, more than ever, we find ourselves embracing new possibilities as Canada continues to evolve. Just like springtime brings fresh blooms and longer, sunnier days, our nation is stepping into a new era—one that may come with growing pains, but also with great promise.

For those of us who have served as civil servants, we understand that transformation often requires patience, adaptability, and a shared commitment to moving forward. And what better way to reflect on this journey than by gathering with familiar faces and/or by making a new friend?

I am excited to invite you to our 2025 SPRING LUNCHEON, sponsored by BCGREA Local 600.

Join us **on June 24, 2025**, as we reconnect, reminisce, and enjoy each other's company. This event will be held at the **Royal Canadian Legion Branch 256**, where warmth and camaraderie are always welcome. To ensure plenty of time for mingling before the meal, the doors will open at **11:30 AM** for pre-lunch chat & drinks.

12:30 PM – Buffet Luncheon is open. Our menu will include:

A Selection of Sandwiches & Wraps

- 1. Savory options for meat lovers, featuring classic deli favorites
- 2. Delightful vegetarian choices, packed with fresh, vibrant ingredients

A Choice of Fresh Spring Salads

- 1. Crisp green Caesar salad, tossed in a delicious dressing OR
- 2. A lovely broccoli salad, to satisfy your appetite
- 🚔 Dessert
 - A sweet treat to finish off the meal

Soffee & Tea

• A warm cup of comfort, whether you prefer bold coffee or soothing tea

Join us for good food and meaningful conversations, as we look forward to the advent of summer with joy and anticipation. Looking forward to seeing each of you there! Warmest regards,

Maria Noel Director of Special Events

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



Roz Kennedy Vice Chair

Never too old to get out and enjoy nature, camp and socialize when you belong to an ATV club. In my role as a 1st Vice, I will be assisting Lea with hosting the meetings.

BCGREA Merchandise is now available at the Membership meetings. The items include bag, pens, , lapel pins, coffee mugs and the new notebooks. All at reasonable prices. You can also check out the merchandise online at the BCGREA.ca page.

To access any of our Member Service & Benefit Providers click on the link to our website and scroll down to the one of your choice. <u>https://bcgrea.ca/members-benefits/</u> There you will find a list of the Affinity Partners, with saving benefits. Spec Saver has recently become a partner with BCGREA.





Chris Crabtree

Buddy Callers/ Telephone Committee

We are very lucky to have a great group of volunteer members who make up the phoning committee. Every month they contact members who do not have email address and let them know about future meetings and other special events. Between Tom and Gail, Lorna, Peter, Judy and myself we pass on this information to over 15 members. Even though many of these members are not able to attend our functions they do appreciate getting the information. A load divided makes light work for each of us and I want to acknowledge these members and thank them for their work on behalf of BCGREA.



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



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 – Lea Campbell 1st Vice– Roz Kennedy Secretary – Kathy Torhjelm Treasurer – Warren McCormick Membership – Warren McCormick Director of Special Events – Maria Noel **Director – Chris Crabtree**

250-751-9807 250-682-5820 250-753-5778 250-390-1068 250-390-1068 778-268-4514 250-754-1716

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



Kathy Torhjelm – Secretary

Lemon Soufflé

1 cup white sugar	3 Tbsp. butter, melted
3 Tbsp. Flour	3 eggs, separated
¼ tsp salt	1 Tbsp finely grated lemon rind
1 cup milk	1/3 cup lemon juice

- 1. In a large bowl, whisk together ³/₄ cup sugar, flour, and salt; whisk in milk, butter and egg yolks. Whisk in lemon rind and lemon juice.
- 2. In a separate bowl, beat egg whites until soft peaks form; beat in ¼ cup sugar 1 Tbsp at a time.
- 3. Stir about one-quarter into lemon mixture, fold in remaining egg white
- Scrape into 8 inch square baking dish. Place in larger shallow pan. Pour in enough boiling water into pan to come halfway up side of dish. Bake in the centre of the 350° F. oven for 30 to 40 minutes or until top is lightly browned and set. Remove from heat and let cool. Serve warm or cool.

5. Serves 6

ENJOY

My favourite weather is bird chirping weather.

Terri Guillemets



BCGREA SPRING LUNCH

Tuesday, June 24 2025

Branch 256 Legion on 1630 E Wellington Road

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

Members of BCGREA Branch 600 \$20

Non-members \$25

This cost covers the tea, coffee, sandwiches/wraps, spring salads, dessert, gst and gratuities.

Tickets available at our May 13, 2025 Meeting

Contact Warren McCormick at treasurer.branch600@bcgrea.ca or

250-390-1068

Payment by Cheque, cash or e-transfer

Deadline for purchasing Lunch tickets is Tuesday, June 3 2025



IN MEMORY

David Barclay

Robert Ducharme

Arlene Feke

Katy (Kathleen) Floyd

John H Johnson

Hans Lussenburg

Brian L Osborne

A Karen Shepherd

Catherine M Tuominen

Never to be forgotten.

BC SUMMER GAMES

With the 55 Plus BC Games fast approaching the Executive felt it would be good to mention the dates of **September 9 – 13 2025**.

The 55+ BC Games are the largest annual multi-sport event for the 55+ population of BC. The Games offer an opportunity to participate in a wide variety of sports and activities.

The online participant registration opened April 1st and will continue until June 15, 2025.

There will be a few members from various Branches participating in the games. Lets show them our support.

If you or anyone you may know are interested in participating or volunteering please check out the link below for more information.

https://55plusbcgames.org/



This is the booth that Salmon Arm set up for the games 2024.