



# BCGRE NANAIMO/MID-ISLAND BRANCH 600 NEWSLETTER

FALL 2025

WWW.BCGREA.CA



## BLUEBERRY GINGERBREAD -

**BY KATHY TORHJELM, SECRETARY**

9X13" pan, buttered. Preheat oven to 350°F.

Beat together in order:

½ cup oil; 1 cup sugar; ¼ cup molasses, 1 egg

Combine: (reserving 3 Tbsp)

2 cups flour; 1 tsp powdered ginger, 1 ½ tsp cinnamon, ½ tsp nutmeg, ¼ tsp cloves, 1 tsp baking soda.

Add flour mixture and 1 cup buttermilk alternatively with molasses mixture, beginning and ending with flour. Fold in 2 cups frozen or fresh blueberries (dredged with 3 Tbsp reserved flour mixture). Pour into pan and bake for 45 to 50 minutes.

Lemon Glaze:

1 cup water; ½ cup sugar, 3 Tbsp lemon juice; 2 tsp cornstarch, 2 tsp grated lemon rind

Combine and heat until mixture thickens and comes to a boil. Remove from heat. Stir in ¼ cup butter until melted. Pour warm glaze over cake. Serve **warmmmmm** to 8 - 10 friends or family.

## CHAIR'S REPORT - LEA CAMPBELL

Here it is, the start of Fall and cooler temperatures. It's been a hot summer with far too many forest fires across our Province.

Have you checked out our website, [www.bcgrea.ca](http://www.bcgrea.ca)? It's full of information, including branch minutes, newsletters, The PEN, Executive email addresses, etc.

With the newly opened Cowichan Valley Branch 2600, we have downsized our Membership count. As such, we have tried to downsize this newsletter, too!

We have a special Fall Social Luncheon - Sunday, October 26, 2025 at Montana's - 4715 Rutherford Rd. Meet at 12:30, Lunch is at 1pm. Reconnect and get acquainted over a relaxed Fall Luncheon. You pay for your menu choice(s).

We will also be enjoying our Christmas luncheon on December 9, 2025. More details can be found at the bottom of the newsletter, and of course our website!

We have a great list of Guest Speakers lined up this year. Stuart Morgan, from BC Pensions, will be our guest November 18. In January, Rowena Narayan from ICBC returns, along with Heidi Strokes, to speak on Women's Heart Health in February.

Have a suggestion for a Guest Speaker? Let us know!

**\*\*\*\*PLEASE GET INVOLVED\*\*\*\***

**Membership Meetings**

**The 2<sup>nd</sup> Tuesday of Jan, Feb, Mar, Apr, May  
and Sep, Oct, Nov**

**at The Unitarian Fellowship Hall - 595  
Townsite Road 1:30pm - 3:00pm**

***Please also consider joining  
the Executive Team!!***

## VICE CHAIR- ROZ KENNEDY

Lea and I had the pleasure of attending the 1<sup>st</sup> meeting for the new Cowichan Valley Branch on Sept 17, 2025 in Duncan. They had a great turnout and it's always wonderful to see local members get together.

BCGREA Merchandise is now available at Membership meetings. The items include bags, totes, pens, lapel pins, mugs, and notebooks - all at reasonable prices! You can also check out the merchandise online.



## MEMBERSHIP CHAIR/TREASURER -

### WARREN MCCORMICK (PULLING DOUBLE DUTY!!)

Branch 600 Nanaimo/Mid-Island membership is now 536, which includes 95 spousal membership. The biggest change month to month is from deceased members. To date, we've had 13 members pass away. Central Support has also inactivated members with lost contact information and cash-dues members that have not paid. Current Branch funds stand at \$4,343.25. We have paid the hall rental for the 25/26 meeting dates and have no outstanding liabilities or receivables.

## \*\*\*BCGREA CHRISTMAS LUNCH\*\*\*

**DECEMBER 9 2025**

**RICKY'S SOUTH**

**DOORS OPEN AT 12:30 WITH LUNCH SERVED AT 1PM**

**MEMBERS OF BCGREA BRANCH 600 \$20**

**NON-MEMBERS \$25**

**THIS COST COVERS THE TEA, COFFEE, ENTREE AND DESSERT  
GST AND GRATUITIES.**

**TICKETS AVAILABLE AT THE OCTOBER, 2025 MEETING CONTACT  
WARREN MCCORMICK AT**

**[TREASURER.BRANCH600@BCGREA.CA](mailto:TREASURER.BRANCH600@BCGREA.CA)**

**OR**

**250-390-1068**

**PAYMENT BY CHEQUE, CASH OR E-TRANSFER**

**DEADLINE TO PURCHASE LUNCH TICKETS IS DECEMBER 1, 2025**

**THANK YOU TO MARIA NOEL FOR ALL HER WONDERFUL SPECIAL  
EVENTS PLANNING**



## BUDDY CALLERS / TELEPHONE COMMITTEE - CHRIS CRABTREE

We are fortunate to have a great group of volunteers that contact members without email addresses and let them know about upcoming events. Between Tom, Gail, Peter, Judy, and myself, we connect with 15 members monthly. A load divided makes light work! Thank you to our steadfast volunteers!



**AUDREY AQUINO  
RONALD KOWELL  
LINDA MALPASS  
JENNIFER MAXWELL  
ALICE STOESSEL**



***Never to be forgotten***

