



BCGREA Branch 1700 Cariboo Newsletter
November 2025

A Friendly Update from the Branch

The Branch has had a wonderfully busy year in 2025! We hit the road and met with members across the Cariboo — in **Quesnel** last March, **100 Mile House** in June, and most recently in **Williams Lake** in late October. Each gathering was filled with laughter, good conversation, and plenty of shared ideas. It was truly a pleasure spending time with everyone, and we're already planning more meetings around the Cariboo for 2026.

Our public speakers brought helpful and timely information to each community — from **agriculture and local food topics** in Quesnel to **wildfire safety and house fire safety** in Williams Lake and 100 Mile House.

We also attended the **AGM in April** and participated in an **online EGM in October**. The Branch currently has **194 members**, and we're grateful for each one.

Advocacy & Member Concerns

BCGREA continues to stay engaged with member needs and the broader retiree community. We've been conducting surveys and working with other retiree organizations to stay informed.

Many members raised concerns about **benefits coverage through Green Shield** (a non-profit provider). We brought these issues forward at both the AGM and EGM. Membership rates saw a small increase this year to keep up with rising costs, and BCGREA continues to look for ways to keep operating expenses as low as possible.

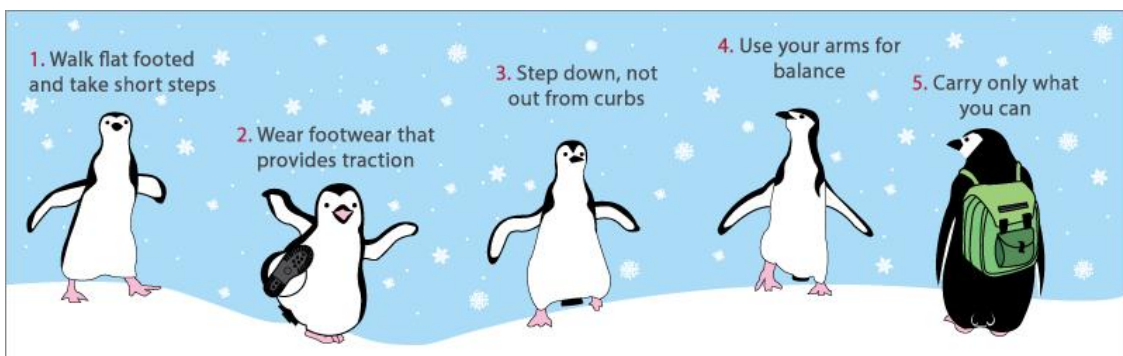
Some members also expressed concern about **PSPP investments in countries involved in conflicts**. PSPP provided assurance through a written statement that their investments follow **ESG (Environmental, Social & Governance)** principles. We will continue reviewing their listed investments in the [PSPP Annual Report](#).

Safety Corner

As we all continue to grow wiser with age, safety becomes more important — for ourselves, older parents, and younger family members..

Winter, especially, brings its own challenges. Here are a few friendly reminders:

- Brighter lightbulbs and extra railings can help with visibility and stability.
- White tape or markings on stairs reduce tripping hazards.
- Bathroom safety bars, bath mats, and shower seats can help prevent falls.
- Keep **salt or sand** handy for sidewalks.
- **Ice grips** for boots can make a world of difference on slippery days.
- Winter driving is safest with a weather check, daylight travel, and a well-prepared vehicle (water and snacks are always smart!). Check **DRIVE BC** for road and weather updates.
- Winter colds and flus can be rough — consider getting a flu shot or COVID booster, and stay home when you're unwell.



Winter Activities in the Cariboo

One of the best things about winter here is the stunning sunshine that brightens even the coldest days. There's no shortage of ways to enjoy the season:

- **Ice fishing** is fantastic when the Kokanee are biting.
- **Cross-country skiing** and **snowshoeing** make for fun ways to stay active.
- **Hockey, skating on frozen lakes, curling, and downhill skiing** bring plenty of excitement.

Here's to a safe, active, and joyful winter season for all our members!

Yours truly

Branch 1700 Executive : Randy, George, Michelle, Arnold & Vic

