



MINUTES: Membership Meeting

DATE: February 10, 2025

Location: Unitarian Fellowship Hall, 595 Townsite Road, Nanaimo

1. **Call to Order, 1:30 pm**

Lea Campbell chaired.

There were 19 members present

2. **Guest Speaker** – Lea introduced the guest speaker, Heidi Stokes, who spoke on Women’s Heart Issues. The Women’s Heart Health Alliance is dedicated to improving women’s heart health over their life time. Heidi had a heart attack at age 27. When she was 51 she had another heart attack and a quadruple bypass. All this has made her a strong advocate for heart health. There are differences between men and women with heart disease. She provided us with many details on the causes and symptoms of heart disease in women and men. Up to 80% of heart disease is preventable. She provided us with pamphlets.

3. **Executive Roll Call**

√ Lea Campbell – Chairperson

√ Warren McCormick - Membership/Treasurer

X Roz Kennedy – 1st Vice-Chair/Programs

X Chris Crabtree – Phoning Committee

√ Kathy Torhjelm – Secretary

√ Judy Lynk - Director

4. **Adoption of the Minutes of the last meeting:** January 13, 2025. M/S Lawrence/ Roger. Carried,

5. **Correspondence:** None

6. **Treasurer Report** – Current balance is \$ 2,804.66

7. **Membership Report** - Our membership at 535

8. **Telephone Co-Ordinator Report** – Chris Crabtree – all is good.

9. **Merchandising** – See Roz if you wish to purchase items or check the website.

Motion to accept reports – M/C Kathy Torhjelm/ Warren McCormick. Carried.

10. **Special Events** –June 9th lunch is at the 256 Legion; December lunch is at Ricky’s.

11. **Guest Speaker** – Lea Campbell –

March 10th is Robin Fisher of Elder College.

April 14th is Dan Levitt, Provincial Seniors Advocate – bring a friend.

May 12th – Lana Cuddeford and Brennan Janaszak from Hearing Life.

June 9th – Spring Luncheon at Branch 256 Legion – Tickets will be available at the April meeting.

12 **Unfinished Business:** None

13. New Business:

- Lawrence Johnson told us about a NFP petition to the House of Commons for an increase for the death benefit. Please see attached.
- Lawrence also brought greetings from John and Monica Kirkhope who have moved to Coquitlam.
- Kathy has created program flyers for distribution. They include executive email addresses and a roster of programs for the rest of the year,
- T4 slips for 2025 are available on-line at www.ppsp.pensionsbc.ca

14. Good and Welfare Door prizes –

Pat McCue won a \$30 grocery card; and Darcy Byers a BCGREA notebook and pen

15. Next Meeting

Next Membership meeting date will be **March 10, 2026**

Location: Unitarian Fellowship Hall, *595 Townsite Road, Nanaimo*

The speaker will be Robin Fisher from Elder College.

Reminder that the previous month's minutes can be found on the BCGREA.ca website.

Today's minutes will also be added.

16. Adjournment – On a motion of Roger Tarry at 2:40.

Dear NPF Affiliates, Members and Friends,

This House of Commons petition aims to make funerals more affordable by increasing the CPP Death Benefit, which has been stuck at \$2,500 since 1998 even though funeral costs have more than doubled.

The petition will close March 17. It will be tabled in the House of Commons and requires a government response. The greater the number the signatures, the stronger the message to parliament.

Please consider signing the petition and sharing it with your family, friends and colleagues. Your help in signing this petition helps send a strong message that dying with dignity is an affordability issue for all Canadians.

Don't forget to reply to the House of Commons confirmation email you will receive to authenticate your signature.

Please also consider contacting local MPs about this issue since more than petition alone will be needed to accomplish this change.

Thank you for your consideration,

See the petition link here:

<https://www.ourcommons.ca/petitions/en/Petition/Details?Petition=e-6959>

Best regards,

Trish McAuliffe (she/her)

President,

National Pensioners Federation

trish.mcauliffe@npfmail.ca

Cell: 905-706-5806

I acknowledge, with gratitude, that I present to you from the unceded traditional territory of the Three Fires confederacy of First Nations, comprising of the Ojibway, the Odawa, and the Potawatomi.

www.nationalpensionersfederation.ca

[Sign the Petition Here](#)
