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BCGREA NANAIMO/MID-ISLAND

BRANCH 600 NEWSLETTER

FALL 2026

Chair – **Lea Campbell**

Welcome, to the return of cooler temperatures and the shorter days of Fall. I hope everyone enjoyed their summer and were not affected by the out break of fires in our beautiful Province of BC.

I cancelled my travel plans through the province this year and decided to become a gardener. I now have three planters on my back deck and we enjoying a crop of tomatoes, lettuce, peppers and basil. I was not sure about planting basil, it grows very quickly. I already have re-potted half and gifted my daughter. I did discover adding basil to lemon (or orange) slices in my water urn is a wonderful refreshment.

This year the Executive decided to update the format and revise the schedule for our Branch 600 Newsletter.

We will be producing it once a year, in the fall, as we hope it will work as a reminder to join us for our monthly meetings.

Our Branch continues to meet on the second Tuesday of the months, Jan, Feb, Mar, Apr, May, Sept, Oct and Nov. With a Spring luncheon in June and a Christmas luncheon in December.

We have a wonderful list of Guest Speakers lined up for the remainder of 2026.

September 8 – **Reserve Cst Gary O'Brien – Media Relations Officer**

October 13 – **Lydia Moulder CAIB CEA Estate and Trust Specialist of Coastal Community Private Wealth Group.**

November – **Scott Myers, Manager, Transit Relations& Planning, Transportation Services Regional District of Nanaimo.**

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

****September shows us how beautiful it is to let things go. ****

Secretary – Kathy Torhjelm

Apple Cake-Caramel Glazed

Cake:

1 cup	packed brown sugar
1 cup	sugar
$\frac{3}{4}$ cup	oil
3	eggs
3 cups	flour
1 tsp	baking soda
2 tsp	cinnamon
$\frac{1}{2}$ tsp	nutmeg
$\frac{1}{2}$ tsp	ginger
4	Granny Smith apples, cored, peeled and diced into $\frac{1}{2}$ inch pieces
1 $\frac{1}{4}$ cup	diced pecans or other nut
2 $\frac{1}{4}$ tsp	vanilla

Glaze:

$\frac{1}{4}$ cup	margarine or butter
$\frac{1}{4}$ cup	sugar
$\frac{1}{4}$ cup	brown sugar
$\frac{1}{2}$ cup	cream (half and half)

1. Heat oven to 325 F. Grease and flour a 9 x 13 inch pan.
2. In a large bowl, beat sugars and oil. Add eggs one at a time, beating well after each addition.
3. Stir in flour, soda, cinnamon, nutmeg and ginger.
4. Stir in apples, nuts and vanilla. Pour into pan.
5. Bake for 50-70 minutes or until a toothpick comes out clean. Let cool in the pan while preparing the glaze.
6. To prepare glaze, melt margarine in a saucepan, over low heat. Stir in both sugars. Cook over medium heat for 2 minutes. Add cream and bring to a boil. Boil while stirring constantly for 2 minutes.
7. Poke holes in cake with a toothpick or skewer. Pour the glaze over top of cake.

Modifications:

I left out the salt. I reduced the oil from 1 $\frac{1}{2}$ cup to $\frac{3}{4}$ cup. I think $\frac{1}{2}$ cup white sugar in the cake would be fine—but I didn't try it. I added $\frac{1}{2}$ tsp ginger and might try more next time. I used 4 apples, the original recipe called for 5.

This is a very moist cake and leftovers should be stored in the fridge.

Why do jack-o'-lanterns avoid conflict? They don't have any guts.

Vice Chair – Roz Kennedy

Hi there! Roz Kennedy here, Vice President of Branch 600 Nanaimo.

Hope you are having a great summer. The fires will settle soon and we can get back out on the trails. I'm inviting you to join me. If you don't have a quad or sxs I have one for sale.



We want to hear from you! We will be adding an agenda item to our monthly meeting. It will be called “**Membership Input**”. We are sure there are a lot of activities and topics for discussion that we could do at our meetings to make them more interesting to everyone. Have any ideas? Please send email to chair.branch600@bcgre.ca or vicechair.branch600@bcgre.ca Or better yet, attend the meetings.

Membership – Warren McCormick

Branch 600 has approximately 535 members, a strong number.

It would be wonderful see a larger amount of members attending our monthly meetings, always held on the second Tuesday of the Month.

The Executive Committee is accepting a volunteer for this Membership Position.

Please consider joining the group, meetings are twice a month (1st and 2nd Tuesdays).

Treasurer – Warren McCormick

We transferred our Bank account to the Coastal Community Credit Union earlier this year and the change is working well. Lea and Kathy are also authorized users on this account.

The current balance is stable at approx \$4,500.

Telephone Committee – Chris Crabtree

Thanks to the team that contacts our members who do not have email and let them know of upcoming events. The Phoning Committee comprises Tom and Gail, Peter, Judy and myself. I know the members we contact are elderly and enjoy the updates and contacts to Representatives.

****You are never too old to play in the leaves !****



** Wendy Banta ** David Barclay ** Barbara Bodaly ** Dorothy Dool **
** Robert Durcharme ** Katy (Kathleen) Floyd ** Joe Leins **
** Hans Lussenburg ** Brian L Osborne **
** A Karen Shepherd ** George Shingera ** Jayne Sinclair **
** Philip Townsend ** Barbara Lialian Yeoli **