



## From the President's Desk

### Happy New Year Everyone!

The last year has been so packed with events and changes that any retrospective on the year would take a full page. Even today events like the massive flu epidemic are unfolding in Canada and the war continues in the darkness of the Ukrainian winter.

The biggest highlights for BCGREA were our 75<sup>th</sup> Anniversary (you can put up those new calendars now), the membership survey, and the membership drive that has gained the Association another 3000 members (over 600 of which are in Victoria Branch 1200). So this year will be focused on welcoming and accommodating our new members in the partnerships, programs and activities of our branch. That is a big task and any volunteer help for this would be most appreciated.

As we welcome 2023, we look forward to a brand new year and keeping those resolutions we have just made. I am a little ambivalent about resolutions – I can be specific and resolve to go to the gym three times a week, lose the pounds added at Christmas and read for at least one hour per day. But I don't know how long I can keep up with those resolutions. Instead I prefer to be much more generic in my resolutions and use words like – I resolve to 'be more flexible' – which could mean socially and by attending a yoga class or I resolve to 'lighten up' and tell more jokes and lose those stubborn pounds. This year I resolve to 'get moving' which has a number of alternative meanings, all of which apply in 2023. Do you have any resolutions for this coming year or have you resolved to give up new year's resolutions?

I also want to adopt Dr. Bonnie Henry's sage Covid advice as a resolution for 2023:

**Be Kind, Be Calm, Be Safe**

Barbara Golder, President

BCGREA Victoria Branch 1200

## Ask Your Board



In this new section the Board will entertain questions from our member community:

### Question:

**I need to update my Will, so where would I start?**

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We are unable to provide you with legal advice as we are not legal experts but there's a lot of free resources to get more information on Wills and Estate planning:

Seniors helping Seniors often provides free webinars on Wills and Estate Planning:

<https://seniorshelpingseniors.ca>

The Province of BC has a in-depth website that lists resources on Wills and Estate Planning as well.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning>

The People's Law School has a website with information specifically for British Columbia.

<https://dialalaw.peopleslawschool.ca/wills-and-estate-planning/>

And lastly, the Law Depot.ca has a website for those interested in customizing their own documents.

<https://www.lawdepot.ca/>



## Speaker Presentations

Please note: The January presentation will be held via zoom:

**January 10, 2023** - Mark your calendars for **Mark Costales of Johnson Insurance**. Johnson Insurance is one of our affinity partners. He will be doing a presentation on Travel insurance. So save your questions regarding benefits, trip cancellation, and covid updates for Mark!

Zoom meeting details will be sent out in advance of the meeting.

**February 14, 2023** - I have a new orchid, what is the best care for it? Our speaker this month will be Master Gardener Carolyn Herriot who will answer our questions on one of our favourite hobbies-gardening.

Details for this **in-person meeting** will be available once a location is finalized.

\*\*\* To plan meeting room capacity could you please **RSVP** your attendance for the **February 14th meeting** by **January 10, 2022**, to [victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca). **Thank you!**

## Members Corner

Looking at 2023 and modernizing branch dues collection, the Victoria Branch has amended our policy regarding manual cheques. The Branch has decided to implement the automatic dues deduction (DCO) as required for all members beginning in 2023.

This is common practice in many other branches and assists the executive greatly in streamlining notifications, manual logging, and cheque processing.

It's very simple to convert over to the **"once a year in February"** automatic deduction from your pension payment. There is no need for banking information - we just need your 8 digit Pension Person ID (PID) number which can be found on any correspondence you receive from the Pension Corporation.

You can email this to our branch contacts:

[victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca)

[membership.branch1200@bcgre.ca](mailto:membership.branch1200@bcgre.ca)

Note that this policy is applicable to those members in receipt of a Public Service Pension and **does not apply to Associate Members**.



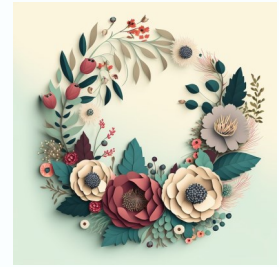
## CHRISTMAS LUNCHEON

We had 65 attendees at our Christmas Luncheon held December 13, 2022 at Vista 18, Chateau Victoria Hotel.

Brian Green, President of the BCGREA gave a brief speech and drew the first prize of the afternoon.

Congratulations to the 34 lucky winners of our door prizes.

Thanks Barbara Golder for your photos and our members and guests for their smiles!







## The one that didn't get away!

Recently submitted to the branch is this photo of **Mark Brown**, who caught this Chinook salmon a few years ago in an area known as Oak Bay "Flats", a popular fishing ground south of the Discovery Islands. Chinook salmon frequent this area much of the year, and they are often referred to as "Winter Springs" or "Feeder Springs" as opposed to the migrating Chinook that enter Juan de Fuca Strait in the spring on their way to their natal rivers to spawn. The discerning eye will notice that this fish is missing its adipose fin, a small fleshy fin located between its dorsal (main back) fin and the tail.

## Prior to retirement, Mark's government career included the following:

Shared Services (Citizen Services), Accommodation Services (Properties Management and Real Estate Services). Prior to that he was at Heritage Branch which is part of the Ministry of Forests, and before that he was in the Ministry of Advanced Education; all following his longest employment placement with BC Buildings Corporation, Development Services. He also had other working careers in the private sector.

Thanks so much Mark for sharing this with us!

We welcome more member profiles if you would like to contribute as part of our member community.



**The Year of the Tiger** comes to a close on January 21, 2023.

**The Year of the Rabbit** begins on January 22, 2023 and ends on February 9, 2024. It is said to be a Year of Hope and is generally considered to be quite lucky.

Years of the Rabbit include those born in **2023, 2011, 1999, 1987, 1975, 1963, 1951, 1939, 1927.**

This year's celebration of the New Year will be held on Sunday, January 29th, in Chinatown, from 12PM to 3:30 PM.

Wishing you all a **Happy and Prosperous Lunar New Year!**



**Lego Returns to Sidney Museum, 2423 Beacon Avenue, Sidney**

Open 7 days of the week, 10 AM-4PM except holidays.

For the seventeenth year in a row, the ever popular LEGO exhibition is coming back to the Sidney Museum! Through March 31st, the Museum will host the 2023 version of the exhibit entitled Brilliance – Built Brick by Brick, and this year it's bigger and better, with more LEGO sets on display than ever before.

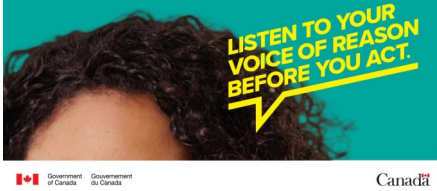
This year's exhibit will include all of your favourite LEGO sets, both new and old, with everything from Star Wars to Minecraft to Harry Potter. There will be floral sets, architectural sets, and even sets featuring famous artworks and sitcoms. With something for everyone, this is a show that you won't want to miss.



## The easiest ways to avoid tax refund and payment scams?

- ✓ Register for My Account at [Canada.ca/my-cra-account](https://www.canada.ca/my-cra-account) to:
  - Check if you owe money or have a refund
  - Sign up for email notifications to get account updates and to know when you have electronic messages
- ✓ Use a unique password for each account.
- ✓ Be suspicious if someone asks you for personal information.
- ✓ Don't share your security codes, user IDs, passwords, or social insurance number.
- ✓ Be cautious before you click on a link.

Visit [Canada.ca/be-scam-smart](https://www.canada.ca/be-scam-smart) to learn more.



## Branch Members Contact Update

## CRA and Scam Prevention

A new year has begun-but fraudsters and scam artists work all year long!

To protect yourself against fraud:

<https://www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html>

## Good Will Notice

If you know of any member who is hospitalized, sick, or injured please contact Sonja Ruffell at:

[victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca) with the information.

Keeping track of all our members is no easy task!

So, if you are one of the members that has recently changed carriers or obtained a brand new email, please help us by checking in with your new or updated email address - drop us a line to:

[victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca)

**Mailing Address and Phone number updates** are welcome too and can be emailed above or sent to our mailing address. See How to Reach Us at the end of this newsletter.

We want to stay in touch with you! Thanks!

In order to keep the branch strong and growing, please remember to share our website,

<https://bcgre.ca/branches/victoria-branch-1200/>

and tell your retired friends and family who receive a Public Service pension of the benefits of joining the BCGREA.

<https://bcgre.ca/join/>

# WORDS OF WINTER SOLSTICE SOLUTION

R	W	D	N	A	K	P	G	Z	H	X	O	U	E
K	D	A	Y	L	I	G	H	T	F	J	M	F	X
Q	H	C	B	E	F	L	X	B	S	S	I	S	B
N	D	J	M	O	E	W	I	F	B	D	D	A	H
E	C	K	S	I	P	D	L	A	Y	N	W	D	D
W	J	S	L	L	J	K	U	C	C	L	I	V	Q
G	S	D	O	N	G	Z	H	I	C	A	N	X	Y
R	B	G	E	X	D	F	M	L	A	N	T	G	K
A	F	P	G	G	K	C	Z	N	L	R	E	D	D
N	B	F	N	N	T	N	S	O	B	E	R	C	C
G	K	B	E	H	W	Q	G	R	C	B	S	S	E
E	Y	C	H	F	A	D	W	T	D	I	A	C	R
G	C	A	E	V	O	P	E	H	B	H	B	S	E
E	S	K	N	Z	L	C	S	E	N	G	V	H	H
P	F	E	O	C	I	I	C	R	Y	E	T	I	P
C	C	J	T	T	N	Z	U	N	E	W	K	G	S
S	X	S	S	D	V	C	O	C	A	T	A	D	I
I	E	L	M	H	X	R	W	E	L	O	P	Q	M
R	O	D	C	L	T	D	E	G	Q	L	L	A	E
S	O	U	T	H	E	R	N	K	B	A	U	B	H
Q	J	I	E	N	F	A	F	W	D	S	W	N	K
N	Y	R	Q	X	V	R	E	T	N	I	W	K	F
D	N	P	Z	B	I	L	K	D	O	D	T	H	N

Find these words: **Horizontally, Vertically, Backwards, Diagonally**

Daylight  
 Dongzhi - (meaning extreme of winter or shortest day)  
 Hemisphere  
 Hibernial  
 Midwinter  
 Newgrange - (monument aligned with the solstice)  
 Northern  
 Pole  
 Solstice  
 Southern  
 Stonehenge - (monument aligned with the solstice)  
 Winter



## How to Reach Us

**President: Barbara Golder**

**Email: [chair.branch1200@bcgre.ca](mailto:chair.branch1200@bcgre.ca)**

**1st Vice-Chair: Sarfaraz (Sarf) Ahmed**

**Email: [vicechair.branch1200@bcgre.ca](mailto:vicechair.branch1200@bcgre.ca)**

**Treasurer: Ed Forbes**

**Email: [treasurer.branch1200@bcgre.ca](mailto:treasurer.branch1200@bcgre.ca)**

**Secretary: Karin Heimlich**

**Email: [secretary.branch1200@bcgre.ca](mailto:secretary.branch1200@bcgre.ca)**

**Membership Chair: Jane Rutherford**

**Email: [membership.branch1200@bcgre.ca](mailto:membership.branch1200@bcgre.ca)**

**Communications Chair: Laura Lam**

**Email: [victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca)**

## Directors:

**Gerry Buydens, Terry Prentice, Sonja Ruffell,  
Marilyn Spencer**

**To message our team directly please visit our  
Contact Information on our website:**

**<https://bcgre.ca/branches/victoria-branch-1200/>**

**Our general branch email is:**

**[victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca)**

**Contact Phone: 250-751-8814**

## Mailing Address:

**BCGREA Victoria Branch 1200, PO Box 9017,  
STN PROV GOVT, Victoria, B.C. V8W 9L6**

**Or: <https://bcgre.ca/contact/>**

**Take care and see you next time!**

## NOTES