



From the President's Desk

Greetings from beautiful South Africa where I am on an organized tour with our partner Trip Merchant sampling the delights of this country with a small group of public servants and teachers from Western Canada. Our partnerships with companies like Trip Merchant and Johnson insurance give us opportunities not always available to non-members.

Membership in the BCGREA affords us other benefits including representation on the Pension Board, programs and gathering with others (often our former colleagues) for events and meetings. The pandemic reduced our in-person meetings to zero but your volunteer board continued to work on your behalf. We ran a survey and provided a subsidy for outside venues around Victoria and continued contact throughout the two plus years of the pandemic.

As I mentioned in the last bulletin we are now returning to in-person meetings but have not been allowed to return to the BCGEU building. Our Social Director Marilyn Spencer spent a lot of time researching places to meet that had easy parking, accessibility and a room that could accommodate up to 50 people at a reasonable cost. We settled on Strawberry Vale community hall as it met those criteria and found a catering company to provide tea and coffee and some sweet treats.



In September and October we had local speakers who provided interesting information on topics of interest. However the number of members joining us at our in-person meetings was disappointing for the hardworking volunteer board. Branch 1200 has over 1900 members, in September we had a meeting with 18 people (including 8 board members) and in October there were 12 members at the meeting (including board members) so we are concerned about the long term viability of continuing with in-person meetings. So in the interim, the Board has decided to have our November General meeting as a Zoom meeting only.

That said, Marilyn has secured our first Christmas lunch venue since 2019 at Vista 18. Like all restaurants, our venue has been affected by inflation so prices this year are higher. The BCGREA will be contributing towards lunch for up to 67 members and offering an one year associate membership for non-members paying a higher price. We hope to have a 'jolly' time with a great lunch, prizes and conversations with old friends and colleagues. Tickets are on sale so please join us.

In the meantime the 75th Anniversary AGM was held in person for the first time since Covid in Tsawwassen and we had 6 board members attending. There will be a report on the meeting and the various committees that keep our organization running in the PEN online.

2022 has been a year of change in our world and the death of Queen Elizabeth in September signals a new era. As public servants we had a relationship with the Crown but after 70 years with Queen Elizabeth II as Head of State we now will all get used to referring to King Charles III in that role.

As the famous Chinese proverb tells us: we live in interesting times.

Barbara Golder, Chair, BCGREA Victoria Branch 1200



Provincial Annual General Meeting

On October 18-19, 2022, delegates from across the Province representing 22 branches, came together in Tsawwassen to attend the BCGREA Annual General Meeting.

Elections took place and the results are below:

- **Brian Green**, President, elected by acclamation
- **Vincent Sherry**, 1st Vice President, elected by acclamation
- **Patrick Harkness**, 2nd Vice President, elected by acclamation

The other positions are appointed by the President

Johanna Morrow, Treasurer and Trustee, BC Public Service Pension Board of Trustees.

Kathy Torhjelm, Secretary

Al Barclay, Membership Secretary

The keynote speaker was David Morhart from British Columbia Investment Management Corporation (BCI).

There was a wide range of presenters from our Affiliates and Partners:

COSCO (Council of Senior Citizens' Organization of BC) - Leslie Gaudette

BC Forum (BC Federation of Retired Union Members)- Sam Wiese

Martell Insurance Services - Tom Martell

Hearing Life - Cheryl Anderson

Johnson Inc - Mark Costales

More information regarding these companies can be found on the www.bcgrea.ca website.

Recruitment of new members was a prominent topic of the AGM, as a start, we encourage you to talk to your friends and members of your community, and it can all start with "Are you retired?".

Branch Activities—Program



2022 Speaker Presentations

Our next meeting in **November** will be done via **Zoom only**.

Save this date to your calendar for our Fall Speaker presentation!

Meeting Date and Time: November 8, 2022 at 1:30 pm

A reminder with the Zoom meeting details will be emailed to you in early November so please watch for this in your in-box and don't forget to add victoriabrand@bcgre.ca as a contact in your address book to avoid our news ending up in your junk folder!

Also please check our website for current information:

<https://bcgre.ca/2022-speaker-presentation-series/>

For the month of **November** we are pleased to announce that our speaker will be from Joan Wallace Driving School.

Joan, a very experienced teacher of 30 years will be providing step by step guidance on the Enhanced Road Assessment (ERA) test which is used to assess a driver's medical fitness to drive. This information will be useful to all drivers who want a refresher to sharpen their driving skills as the referral for a ERA is not by age and can apply to anyone.

The virtual meeting room will be open at 1:00pm should you wish to come early, informally chat with our Executive before the Speaker Presentation at 1:30 pm.

We look forward to seeing you there!

October Speaker Presentation Follow-up



Gary Perkins, Chief Information Security Officer for the Province of BC gave a highly informative and entertaining presentation on “Cybersecurity and You”.

What can we do to keep our cyber life safe?

- Create strong passwords
- Do off-line backups of your computer
- Don't click on attachments or hyperlinks from unknown senders (or be alert even when receiving from people you know).

The Province of BC conducts “Security Days” twice a year. These are free and past events can be accessed on their website as well as a wealth of other important information.

<https://www2.gov.bc.ca/gov/content/governments/services-for-government/information-management-technology/information-security/information-security-awareness/security-day/security-day-november-3-2021>

Gary also mentioned that there are many openings in cybersecurity, too numerous to fill!

<https://www2.gov.bc.ca/gov/content/governments/services-for-government/information-management-technology/information-security/professional-development/jump-start-your-security-career>



Christmas Luncheon

After a long hiatus, the Branch is excited to announce that we will be having our Christmas Luncheon!

Date and Time: **Tuesday, December 13, 2022**, 12:00 noon - 2:00 pm (Doors open 11:30 am)

Location: Vista 18 Restaurant @ Chateau Victoria Hotel, 740 Burdett Avenue

The luncheon will be a buffet and includes coffee/tea/pop. Also door prizes will be drawn!

We are limited to 67 attendees (including guests).

The Branch will be subsidizing only members in good standing so members only have to pay \$25.00 (all taxes and tips included).

Non-members pay \$45.00 (all taxes and tips included).

Payment can be made by cash or cheque payable to **BCGREA Victoria Branch 1200** on **Tuesday, November 22, after 12pm (right after our Executive Meeting)** at:

Quality Foods (Upstairs Meeting Room), 27 Helmcken Rd #110

Marilyn Spencer will be there to issue tickets upon receipt of payment. She is also willing to make alternate arrangements if you are unavailable on November 22 to pay in person.

To assist Marilyn in confirming numbers of attendees, please **RSVP** your attendance no later than **Tuesday, November 15, 2022** as follows:

Member's Name:

Guest's Name:

Please email: victoriabranch@bcgre.ca

With subject line: **Christmas Luncheon Attendance**

Any cancellations due to health or other unavoidable circumstances are requested as soon as possible but **before December 9, 2022** to allow us to offer the space to other members due to limited seating.

Also members who bring their spouse or friend who is receiving a Public Service pension or a pension administered by BC Pension Corporation but not currently a member of the BCGREA, the Branch will offer free membership for 2023 as new members!

LUNCH BUFFET

Organic Winter Greens
roasted organic pumpkin, house vinaigrette

Tandoori Cauliflower & Chickpea Salad
pumpkin seeds

Caprese Salad
Tomato & Buffalo Mozzarella

Daily Soup Creation

One Carved Meat
(choice of turkey, pork loin, ham or roast beef)

Fresh Roasted Winter Vegetables

Steamed & Buttered Potatoes

Vegetarian Pasta of the Day

Assorted Deli Sandwiches
artisan breads & wraps

Assorted Cakes, Tarts & Petit Fours

Coffee, Tea and Pop

Members Corner



Automatic Dues Deduction Policy - No Cheques!!!

Looking forward to 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

What to do in Victoria?

November 2022

Festival of Trees in support of the BC Children's Hospital Foundation -

November 17-January 3, 2023

The Bay Centre, Victoria

<https://www.bcchf.ca/fundraiser/festival-of-trees-victoria/>

International Jewish Film Festival

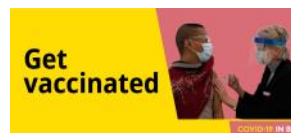
November 1– 6, 2022

Vic Theatre, 808 Douglas Street

And what about this garden?

Finnerty Gardens, University Drive,
University of Victoria

<https://www.uvic.ca/finnerty/assets/docs/FinnertyGardensWalkingTour.pdf>



Questions regarding vaccination?

Island Health booking number is:

1-833-838-2323 (Provincial Call Centre)



2022 Monthly Gift Card Winners

A complete list of winners for gift cards drawn during our General Meetings is now on our [website](#).

Congratulations to our winners!

Membership Updates



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

victoriabranch@bcgre.ca with the information.

Also, we want to know if you have moved, updated your email address or phone number.

You can let us know below:

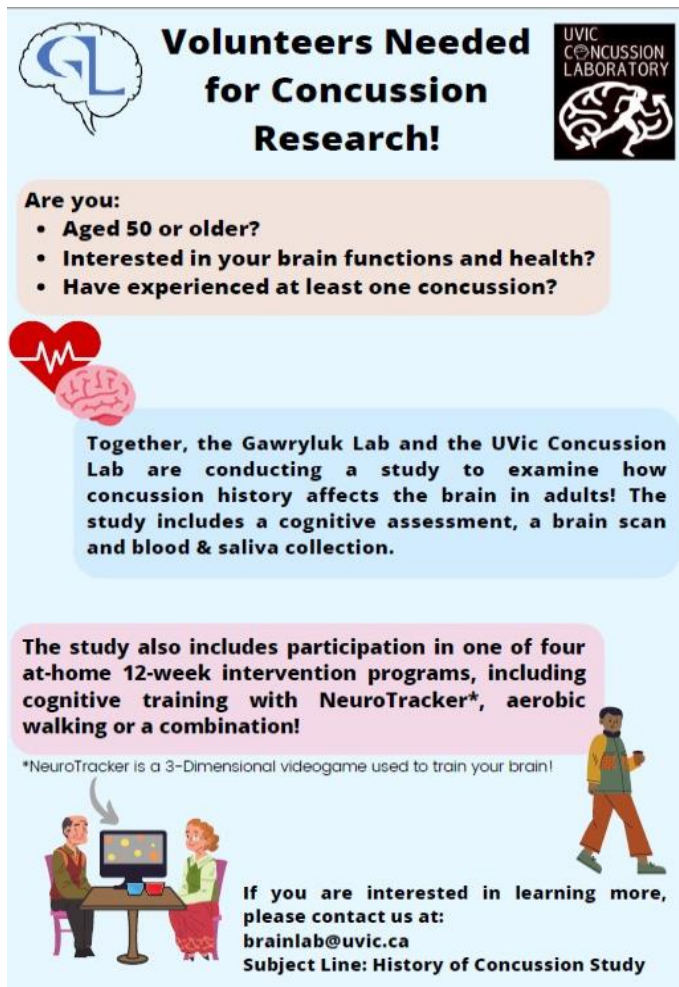
<https://bcgre.ca/contact/> or the e-mail above.

To continue to receive the Branch e-Bulletin/newsletters in your in-box please add victoriabranch@bcgre.ca to your address book so that our emails don't go into your junk folder!

How to Join the BCGREA?

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

Concussion Study by the University of Victoria Concussion Research Lab



The poster features a brain icon with a 'G' and 'L' inside, the UVic Concussion Laboratory logo, and a heart with a brain and ECG line. It lists criteria for volunteers, describes the study's focus on concussion history, and mentions a 12-week intervention program. Contact information and a subject line are provided at the bottom.

Volunteers Needed for Concussion Research!

Are you:

- Aged 50 or older?
- Interested in your brain functions and health?
- Have experienced at least one concussion?

Together, the Gawryluk Lab and the UVic Concussion Lab are conducting a study to examine how concussion history affects the brain in adults! The study includes a cognitive assessment, a brain scan and blood & saliva collection.

The study also includes participation in one of four at-home 12-week intervention programs, including cognitive training with NeuroTracker*, aerobic walking or a combination!

*NeuroTracker is a 3-Dimensional videogame used to train your brain!

If you are interested in learning more, please contact us at: brainlab@uvic.ca
Subject Line: History of Concussion Study

Intro: In concert with the Gawryluk Lab, the Christie Lab team is conducting a study to examine how concussion history affects the brain in adults over the age of 50. We are currently looking for volunteer participants for our study.

Purpose: This research looks to explore potential links between a history of concussion and the risk of Dementia and Alzheimer's disease. Our goal is to contribute to the growing body of research involving early detection of Dementia, to help improve the prognosis of the disease.

To provide a bit more information on our research, there are three main phases involved in the study. First, we perform an assessment involving a cognitive assessment, an MRI scan and saliva and blood samples. After this, participants undergo a 12-week intervention program consisting of aerobic exercise, cognitive training, or both. One week post intervention, and one month post intervention, follow up cognitive assessments and blood and saliva samples will be collected.

For further information on the team please look at their [website](#).

or if you wish to contact Emma Skaug, the researcher directly, please email:

brainlab@uvic.ca.

Tours from Old Cemeteries Society

For those looking to explore Victoria's cemetery heritage, the Old Cemeteries Society provides walking tours for members of the public for a small fee.

See their [website](#) for upcoming tours and further information.



Gluu Technology Society

Want to learn how to use your new mobile device and/or become more confident online so that you can connect with your family and friends?

Gluu Technology Society provides **FREE** digital skills training for older Canadian adults.

See their [website](#) for more details on how to register for their many courses or for further information.

If you have enjoyed our e-mails, presentations and newsletters, tell your fellow retirees the benefits of joining the BCGREA and share our website

<https://bcgre.ca/category/victoria-branch1200/>

Branch 1200 Contact Information

President: Barbara Golder

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Membership Chair: Jane Rutherford

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Communications Chair: Laura Lam

Email: 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/>

Or, our general Branch email is:

victoriabranch@bcgre.ca

BCGREA Victoria Branch's mailing address is:

PO Box 9017, STN PROV GOVT, Victoria, B.C. V8W 9L6

Take care and see you next time!