



British Columbia Government Retired Employees Association Western Communities Branch 2700

ZOOM Meeting March 7, 2024

At 1:05 pm Al Coccola welcomed everyone to the ZOOM Meeting. There were 12 people in attendance.

Al Coccola acknowledged the traditional territories of the Songhees and Esquimalt First Nations communities on which we live.

Three new attendees were asked to introduce themselves.

Al introduced the guest speaker - Debra Swain, a facilitator with the Seniors' Health and Wellness Society, a partner of COSCO - the Council of Senior Citizens Organization. The Society offers 46 free health and wellness workshops for seniors across British Columbia.

Debra gave a presentation on "Healthy Eating for Seniors" with the focus on Canada's new revised Food Guide. She stressed the importance of checking food labels for hidden ingredients and to try to fill your (9 inch) dinner plate with $\frac{1}{2}$ vegetables, $\frac{1}{4}$ grains and $\frac{1}{4}$ protein. Participants were given a handout summary of the Food Guide and were encouraged to share their strategies for and challenges with healthy eating.

Al thanked Debra for the informative talk. Debra asked that participants fill out a feedback form as courses are constantly being revised.

Following the presentation, there was a moment of silence for members who are struggling with personal and health issues.

Valeska noted that we have 318 members in the branch. Annual dues (\$20) will have been deducted from the February pension payment.

There are now 77 members in the Western Communities Facebook group. Sharon will add the handout summary from the presentation to the Facebook page.

Up-coming Activities:

- ❖ **Stage V of the Hike to Sooke on March 25th** at 1 pm. Meet at Lindholm Road and the Galloping Goose Trail.
- ❖ **55+ Lifestyles Show at Pearkes Arena on March 19th** from 9am-3 pm. The Executive of the branch will have a table at the show to promote BCGREA.
- ❖ **Next Social Gathering on April 9th** at Gilbert Cade Memorial Hall, Langford 50 & Up Club, 2637 Sunderland Road at 1 pm. There will be a presentation by two members of RegenerateBC on solutions to the climate crisis.

Margaret Allen won the door prize consisting of a BCGREA t-shirt and coffee mug.

Al noted that the hall that we currently meet in will be replaced in the near future by a brand new hall up the street from its current location. The new hall will be bigger and provide more parking space.

The meeting was adjourned around 2:40pm.

Minutes recorded by Colleen Coccola, Secretary