



Meeting dates:

May 11, 2026
June 15, 2026
Sept 21, 2026
Oct 19, 2026

Directors:

Goodwill and Welfare:

Surrindar Angl

Registration:

Marina Stevens

Guest Speaker

Coordinator:

Darryl Walker

Conveners:

Catherine Pritchard,
Diane Felgate,
Lynn Schneider
Sheila Zeiner
Marina Stevens

Phoning Coordinator:

Chris Roberts

Newsletter:

Editor

Janice Leonard

Journalist:

Vesta Hulme

**Vacant Positions /
Wish list**

- Newsletter – more Journalists
- Carpooling Coordinator
- Other possibilities are open for suggestion

**This is your group, and
your social life is a
priority.**

2026 Executive and Contacts:

President: Wilf Brodrick chair.branch2100@bcgre.ca
Vice President: Renee Poley vicechair.branch2100@bcgre.ca
Secretary: Carol Paulson secretary.branch2100@bcgre.ca
Treasurer: Gerry Nelson treasurer.branch2100@bcgre.ca
Membership Chair: Janice Leonard membership.branch2100@bcgre.ca

- **Current Membership for Branch 2100 - Langley/Surrey:** about 700 individuals
- **Approximate meeting attendance:** about 50 members at each meeting

Upcoming Events:

Please note: The meeting May 11 is on the second Monday of the month as the third Monday is Victoria Day.

May 11 – Heather Cross, Talk KPU Board Member

TOPIC: **Third Age Learning at Kwantlen (TALK)** - stimulating classes for adults over 50. TALK partners with Kwantlen Polytechnic University (KPU) every year to provide a range of short and informative participatory courses. Course are led by community volunteers, including KPU instructors, and are offered either online or in-person at KPU's Surrey, Richmond, Langley and Tech campuses. TALK not only provides lifelong learning, but the opportunity to expand your circle of acquaintances, and even give back by volunteering some of your time and talents.

June 15 – Summer Social

Remember This? Well, it's happening again!!!



Reminder, there are no meetings in July or August.

Sept 21 - TBD

Any suggestions for guest speakers are welcome. Please speak with Darryl Walker.



Guest Speakers:

Feb 9 - Rich Ulvild - Reverse Mortgages



We have heard about reverse mortgages, but are they safe, are they practical? Or are they a bad thing? We were fortunate to have Rich Ulvild come to our meeting in February to give us the pros and cons of this endeavour.

Rich is a Seniors Lending Specialist and award-winning mortgage professional with more than 20 years of experience. He currently serves as Chair of the White Rock/Surrey Chapter of CARP (Canadian Association of

Retired Persons), is a Steering Committee member of the Semiahmoo Seniors Network, and an active member of Langley Seniors in Action.

A Reverse Mortgage is basically a Home Equity loan. They have been available in Canada since 1976. Only a few companies do this, be careful if searching the internet. AI can make you think you are on a valid site; the information may not really apply to Canadian regulations or even be factual. Here are the handouts he had. They went fast. A copy will be on the resource table each meeting for referencing.



These are the companies that Rich spoke of:

- Home Equity Bank (CHIP - Canadian Home Income Plan) established 40 years ago
- Equitable Bank, established in Canada in 1970. Started offering reverse mortgages in 2018.
- Bloom Finance Company established in 2019 as a reverse mortgage lender
- Home Trust Company has been a lender in Canada since 1977 and only recently started offering reverse mortgages.

Reverse mortgage allows you to tap into the equity in your home up to 45-55% of your home's value. Minimum is \$25,000.00 mortgage. Basic rules, this is a loan, the interest rate is higher, compounded and renewable. Currently 6.54% for a five-year period.

Remember you always remain the registered owner of the home; this equity mortgage is just the first payout when the home is sold.

Payment options.

- Can opt to pay nothing and let the interest accrue, (payment due upon selling of the home)
- Can pay interest only (principle is left as borrowed) monthly payments
- Can pay interest and partial principle
- Can pay up to 10% of the principle, once a year
- If the mortgage is more than the value of the asset at death, the payment is capped at the asset value

Example, If \$100,000 is a reverse mortgage, with no monthly payment of interest or principle; at the end of 20 years the obligation would be \$200,000. Interest is still being charged during probate, etc.



Pros	Cons
<ul style="list-style-type: none"> – You can remain in your own home. Make is safer to live in, be comfortable be safe – Easier to get than qualifying for a regular mortgage and no monthly payments option – Equity mortgage is not a taxable income. Does not affect your supplementary income – You may use this money as you wish legally. E.g. Family, vacations. Hopefully responsible things. (not for money laundering.) Lol – No monthly payment required, interest is accrued onto the loan to be collected on the sale of the home. – Reverse mortgage is portable to another property. One lady bought a condo which she will eventually move into. In the meantime, the condo has generated rent money 	<ul style="list-style-type: none"> – \$3,400.00 nonrefundable set up cost. You need 2 lawyers to look after the conveyancing, land titles + independent legal advice <ul style="list-style-type: none"> • Appraisal of home • Lending fee, • No commissions or fees are paid to the broker – Interest rate is considerably higher that conventional mortgages compoundable and renewable. – The interest is added to the original loan and is payable on the sale of the home. – If the estate wishes to keep the home. The mortgage must be paid out. – Must take minimum of \$25,00.00 loan. – Your needs maybe considered controversial when speaking with your family, Include them in your decision, – There are penalties for breaking the contract. Make sure you understand them

The average time that people have a reverse mortgage is 7 years

In Canada, there is \$CDN1.6 billion a year in reverse mortgages. It is a stable and reliable financial tool; the Ontario Teachers Pension fund bought Home Equity Bank.

For more information, please contact Rich Ulvild

A very informative presentation. We would like to thank you Rich for sharing all your expertise with us.



Mar 16 – Sue Heuman – Sleep: Is it overrated or just underestimated?



Here are some very interesting facts you may wish to understand.

Our speaker, Sue Heuman, was very informative. She herself has had trouble with sleep so this was a very passionate subject to her and she presented it very well. She explained the sleep cycle, and how it fits into the Circadian rhythm (a 24-hour cycle) essentially our internal body clock. We all have one, it runs in the background and is individualized to each person. It is important to figure out what yours is to benefit from the sleep restoration process your body naturally has.



One of the most important **circadian rhythms is the Sleep -wake cycle**. Melatonin (the sleep hormone) starts to be produced as soon as the sun goes down it tells the body that sleep should happen soon, it does not actually generate sleep, that is up to you to establish.

Some of the key things that happen while you're asleep include:

Energy conservation and storage. During the day, cells throughout your body use stockpiled resources to keep doing their jobs. While you're asleep, your body uses less energy. That lets those cells resupply and stock up for the next day.

Self-repair and recovery. Being less active makes it easier for your body to heal injuries and repair issues that happened while you were awake. That's also why being sick makes you feel more tired and need more rest.

Brain maintenance. While you're asleep, your brain reorganizes and catalogs memories and learned information. This is like a librarian sorting and shelving books at the end of the day. It makes accessing and using things you learn and remember easier and more efficient.



Some good ways to generate sleep are to establish a good sleep routine. Known as SLEEP HYGIENE, going to bed and waking up at your designated times, a comfortable bed, reducing exterior distractions. lights, sounds, have a good room temperature, you want to be comfortable and somewhat tired. Relaxing or calming exercises may help. A good sleep = a good start to the next day.

Ways to achieve this are, try to avoid things late in the day: caffeine or Alcohol, smoking, screen time, or drinking water prior to going to bed. These things will stimulate your brain and make it harder to relax and allow sleep to take over.

Remember everyone has a unique internal body clock. When are you tired? What affects your bedtime routine? How much sleep do you need? What can you change to establish Good Sleep Hygiene? These are all good challenges to address. You can make a chart and track what works for you, use your phone to track patterns, note, take note of how you feel after a good sleep. Try to recreate that.

Sleep impacts

- **emotional well- being**, mood, behaviour, alertness, social relationships.
- **physical well- being**, tiredness, high blood pressure, ability to fight infections.

To learn more in-depthness, please use this link to see the handout that was provided.

Handout: https://bcgre.ca/wp-content/uploads/2026/02/Sleep_HO_English_2025-02-12.pdf page 4 has lots of resources. Check it out.

Sleep Journal: https://bcgre.ca/wp-content/uploads/2026/02/Sleep_Journal_2-Page_Letter_2021-04-13-1.pdf



Apr 20 – Ginny Harrison – Up, Up and Away: Its Travel Time

Our April speaker was Ginny Harrison. She was a travel brat (her words). She grew up in the world of travel. The passion and the caring for great adventure came across in her chat with us.



Her company is WHITE ROCK TRAVEL & CRUISES; their tag line is

“We Master the Art of Travel Planning”



She explained in detail the 3 different types of cruising: Ocean, River and Expedition. You need to find a travel planner that works for you. Ginny does this by: the itinerary, the budget, the cabin type – but as a professional travel consultant – she always looks at the Value. Comfort, memories and experiences are vital commodities to your hard-earned dollar. Considerations are:

1st The larger ships will have 2,000-5,000 passengers, Is this what you want? There are Lots of public spaces, bars, restaurants, lounges. Different pools. The cruise lines must give all these passengers somewhere to go, where they don't feel they are part of a huge crowd. However, often there are lineups to get on and off the ship, that is a frequent complaint we hear. Is it worth the line up. Probably 2-3 weeks of just fun and relaxation. Hmm.

Smaller cruise lines e.g. Oceania and Azamara will have passenger capacity between 650 and 1300. These cruise ships will access smaller towns and ports than the larger cruise ships can.

2nd Qualifier: What do you like to do? Onboard experiences, entertainment, casinos? Do you want drink packages? What is the quality of the food? Maybe shore excursions and tours are what you like? There are many differences to take into consideration. The flyer she handed out will help people identify what the differences are. See the resource sheet on the next page (UNIWORLD Comparison Chart).

Did you know that singles are now included in the packages?

There is so much information about individual cruises it will be hard to decide or plan. She did bring along their current pamphlets. I do know that some avid cruisers did appreciate that.



Ginny was true to her word, not only did she impress some avid cruisers with her knowledge, but she also encouraged lots of questions and audience participation. This is her passion and she clearly loved to share it with us.

I hope everyone that wants to and can go travelling will go travelling.

[Ginny, White Rock Travel: 604-531-2901](tel:604-531-2901)

2026 Executive/ Leadership Team Meeting: March 6, 2026

Discussions were held regarding:

- planning for the June Social
- Meeting dates in April (due to Easter) and May (due to Victoria Day)
- April and May's guest speakers
- Next Outdoor Ramblers walks
- And general discussions with other executive / leadership departments.

The results of these discussions were / or will be presented to the members over the following couple of months.



UNIWORLD Comparison Chart

	UNIWORLD	TAUCK	SCENIC	AMA	AVALON	VIKING	EMERALD
ALL-INCLUSIVE	✓	✓	✓	✗	✗	✗	✗
One-of-a-kind BOUTIQUE DESIGN	✓	✗	✗	✗	✗	✗	✗
ALL GRATUITIES ONBOARD	✓	✓	✓	✗	✗	✗	✗
Choice of multiple INCLUDED EXCURSIONS DAILY	✓	✓	✓	✓	✓	✗	✗
COMPLIMENTARY BICYCLES	✓	✓	✓	✓	✓	✗	✓
FORMALIZED SUSTAINABILITY STRATEGY achieved with science based targets	✓	✗	✗	✗	✗	✗	✗
UNLIMITED BEVERAGES including fine wines and spirits	✓	✓	✓	✗	✗	✗	✗
ONBOARD WELLNESS with spas & fitness classes	✓	✗	✓	✓	✓	✓	✓
Complimentary SELF-SERVICE LAUNDRY	✓	✗	✗	✗	✗	✗	✗
24-HOUR ROOM SERVICE	✓	✗	✗	✗	✗	✗	✗
IN-SUITE BUTLER	✓	✗	✓	✗	✗	✗	✗
FARM-TO-SHIP DINING with a focus on locally-sourced ingredients	✓	✓	✓	✓	✗	✗	✓
CERTIFIED SOMMELIERS ONBOARD on every European sailing	✓	✗	✗	✗	✗	✗	✗
THEMED & LIMITED-EDITION CRUISES	✓	✓	✗	✓	✓	✗	✗
SPECIALTY DINING VENUES on select ships	✓	✗	✓	✓	✓	✗	✗
ONBOARD ENTERTAINMENT	✓	✓	✓	✓	✓	✓	✓

INCLUDED: ✓ NOT INCLUDED: ✗



BCGREA Annual General Meeting: April 22 & 23, 2026 – Coast Tsawwassen Inn

Attendees: Delegates – Gerry & Renee; Observers – Janice & Lu

The weather was awesome and the drive to Tsawwassen was nice.

Day 1 – Workshops and Committee Meetings:

Janice attended the Membership workshop. There are many things that we can do to help the process of connecting with members. We do many already, but there are other things we can do to improve our communications with members. There is an option that allows us to conduct Polls or Surveys so members can voice their opinions. Knowledge is power, for both members and executive.

Gerry attended the Treasurers Workshop. There were many topics covered in the morning session and participants were open in sharing their ideas and suggestions. Outlined below is a brief summary of some of the topics addressed the BCGREA Treasurer's Meeting. Moving forward, these and other topics will be reviewed and prioritized for action in the months ahead.

- Housekeeping items included standardize budget reporting of items like Office Supplies, Merchandising, Member Services.
- Best Practices for: suitable, cost-effective banking packages; and using Auto Deposit e-Transfers vs paper cheques for our banking.
- Protocols for Branches seeking advances from the Provincial Treasurer or additional funds from the Provincial Executive.
 - We discussed a draft BCGREA "Financial Policy" (which is currently "In Progress").
- We also discussed the CRA requirements for maintaining our not-for-profit status (e.g. criteria for when providing food for meetings; and cautions for activities requiring BC Lottery Corporation licenses).
- Also mentioned was the notion of Branches carrying Liability Insurance and this will be explored further when we renew or lease agreement with the Legion.

Gerry would like to say, “Many thanks to the Branch Membership for supporting me to be a delegate at the 2026 AGM. I found it to be very informative and helpful in learning more about our Association. It provided an opportunity for networking with some former and many new colleagues.”

Day 2 – April 23, 2026:

The AGM opened with the singing of *O Canada* and a territorial acknowledgment. We had approximately 70 members, guests and observers attending in person and another 72 or so attending via ZOOM. Branch 2100 was well represented with Lu Gaudet, Gerry Nelson and Janice Leonard in attendance and Renee Poley on Zoom.

Affinity partners Hearing Life, belairdirect Insurance, and Trip Merchant attended.

Hearing life: The representative gave a brief presentation on hearing issues which was quite informative. The importance of getting a baseline hearing test done (which is free) was emphasized. Hearing Life will price match on the same items from different suppliers and will still give 10% reduction. They supply 3 years of free support with all their products. Hearing well is proven to aid in well-being.



belairdirect: Travis Melnychuk explained about the travel insurance plans available through belairdirect. He also discussed extended health plans, home insurance, and the potential for a discount with bundled packages. To get a quote, 1 -833-749-1324. Or visit <https://www.belairdirect.com/en/group-insurance/bcgre.html>

Trip Merchant: A draw was held for \$500 credit for future travel with Trip Merchant.

Terri Van Steinburg (Council Of Senior Citizens’ Organizations of BC): Gord Ditchburn (Municipal Pension Retirees’ Association), Caroline Malm and Lisa Hansen (BC Retired Teachers’ Association) attended on behalf of their organizations. Terri Van Steinburg brought greetings on behalf of COSCO BC President Leslie Gaudette, who was unable to attend.

Public Service Pension Plan - Stuart Morgan and Angie Sorell: Stuart mainly spoke on Greenshield and their role as administrators. He explained that we should all be registered with Pharmacare as they are the first payer, then Greenshield. This could save you dollars. Also spoke about the Canadian Dental Care Plan (CDCP). Some may members maybe eligible if they opted out prior to Dec 11, 2023. Stuart mentioned the survey regarding our extended benefits that is available to any member who has a PSPP “myaccount”. I hope you all took the opportunity to give your opinion on our extended benefits.

Angie spoke on the financial aspects of the pension fund, including their Fiduciary role in maintaining the high standards we have come to expect.

We had an **In Memoriam**. It was nice to see some of our regular meeting attendees mentioned, they will not be forgotten. This was posted with the instrumental background music “Up Where We Belong”. It was quite calming and everyone was attentive.

Recognition of our dedicated members – Honoured Members and Special Recognition

Wilf as First Vice President awarded “Honoured Member” status to six members:



Eldon Davis, Shirley Davis, Brian Green, Marilyn Melville, Marleine Wagner, and our own Lu Gaudet, for her many years of dedicated service to our Branch. Not just for the great job as Treasurer, but as a team player, joke teller, social planner and just helping out whenever needed. Well deserved Lu.



Each received a certificate, a Pin and a Membership Card indicating their new status.

In addition, four members were given “Special Recognition” awards, Bill Myers, Al Coccola, Edna Park and Jean Sickman. They were recognized for their long and dedicated service to the BCGREA. Jean Sickman attended and was given her award by President Brian Green.



Next the Door Prizes. Our Affinity partners offer these prizes.

belairdirect supplied 2 - I Pads.
1 for a Zoom attendee and 1 for an in-person attendee.

The number selected was through an online generator and the selection was totally random.



The Zoom Participant prize was won by Maureen Glenn (Victoria Branch)

The in-person prize was won by our own Wilf Brodrick (1st Vice-President)

Trip Merchant, who had a table at the registration desk also had a draw for interested attendees. The \$500 credit for a future trip was won by Randy Pearson.

Now for Lunch. The menu included soup, sandwiches, veggies and dip, and dessert. Yummy for your tummy. And of course, coffee and tea. Lunch was a great opportunity for attendees to get together and socialize.

Now that we were fully satiated, onto the afternoon agenda.

The Keynote speaker was Connie Jorsvik, who has spoken at our Branch. Her topic was *“Navigating The BC Health Care System”*. Connie’s presentation was an introduction to the three Webinars available to all members that will be held in the near future:



- May 19th – Advance Care Planning
- June 2nd – “Heroic” Efforts in Health Care
- June 16th – Medical Assistance In Dying



Elections of the new Provincial Executive resulted in:

- Wilf Brodrick was elected President.
- Merrilee Ashworth was elected 1st Vice-President
- Tammy Welch was elected 2nd Vice-President

The new Executive was sworn in by Ken Pendergast.



Wilf took the Chair. There were no other items on the agenda and the meeting was adjourned. Well done, 1st official job as the new President

Outdoor Ramblers:

Benita Antonio has volunteered as the leader for these community walks. If you have any ideas for enjoyable walks or areas you’d like to explore, please let Benita know so she can include them for the spring to fall walks.

Please note: A Liability Waiver will need to be signed for each walk. These events will be held rain or shine.



Walk #9: Mar 24 - Campbell Valley Park



On Mar 24, 2026, six participants and a very friendly dog ventured out for a gentle stroll in Langley's Campbell Valley Park. The park, managed by Metro Vancouver Parks, has myriads of trails to discover.

Starting from the north entrance on 16th Avenue we moved southward. The weather, predicted to be rainy, was truly that at the start but the rain dissipated as we made our way through the park. With the sun beginning to peek through the clouds, the forest canopy was enhanced with multiple shades of green and streaks of sunlight. Mosses, plants and blossoms, nourished from

the fresh rain, stood at attention. The mosses were vibrant. The Osoberry and Salmonberry bushes, dripping with rain droplets, showed off their beautiful flowers and the fresh new sprouts of False Lily-of-the-Valley plants were beginning to unfurl their leaves on the forest floor.



Walking across the open meadows where hawthorn trees are abundant and bird activity is common, we made our way past the Annand-Rowlatt heritage farmhouse (built in 1888) and into the forest to the Ravine Trail. It is a beautiful sloping trail with a few boardwalks along the way and a creek running beside the trail. Though several of us had visited the park numerous times, the Ravine Trail was a new area for some, and it was thoroughly enjoyed by the group.



A group photo was taken midpoint at one of the lookout areas over the marshes and wetlands, another scenic and tranquil area to observe this park's treasures. Continuing along the Ravine Loop trail we worked our way back to the main arterial trail leading to the north parking lot to conclude our walk. For those who haven't visited Campbell Valley Park, I would encourage you to explore it for its nature and history. It is truly a gem in Langley and well

maintained by Metro Vancouver Parks.

Next Walk:

May 23 – Glades Garden, South Surrey – 10:00 AM

Tickets are now available online with Surrey Parks. Cost is for 55+ is \$6.05 this year. If you are interested in joining us, please purchase your ticket online for May 23 - 10:00 am. The park is only open during May and June and is RESTRICTED to the weekends so pre-sale tickets **are mandatory**. **The park will not allow Walk-ins on the day of the tour so booking ahead is important to secure your spot.**

The Glades is a beautiful park in South Surrey featuring over 3500 Rhododendron bushes in various stages of bloom. Trails are mostly flat but do have a few very small, short inclines to navigate. Trails are bark mulch. These are amazing gardens and can be viewed at: [The Glades Woodlands Video Tour](#). This site will also lead you to ticket sales.

RSVP to Benita Antonio at bmantonio8925@gmail.com or by phone at: 778-808-6315, and please confirm 2 days before the event that you are still planning to attend.

I hope to see you at our next walk,

Benita



Merchandising:

At each of our meeting we have a merchandise table set up for anyone interested in branded merchandise for our association. Janice Leonard is our contact for merchandise and their prices. Payments can be made by cash or e-transfer. Contact Janice or stop by at the meetings to see any new items.

Humour is Good for the Brain: Laughter is best = Endorphins:

I told my suitcase that there would be no vacations this year. Now, I'm dealing with emotional baggage.

COSCO: Discover the True Performer in You!



Volunteer to be a workshop presenter for seniors in BC. The Seniors' Health and Wellness Institute, a branch of the Council of Senior Citizens Organizations (COSCO), is always seeking to recruit and train new presenters for its core of 47 workshops. Each workshop can be presented, free of charge, by one of our presenters to any group of ten or more seniors.

The message of each presentation is fully prepared and loaded onto your laptop or iPad computer and then you can project the slide show - we supply the projector - for the audience at the host location or you can wire the show directly into the host's TV there. Our presentations are also available online via Zoom. Which method appeals to you, online or in person? You can do either or both.

Potential hosts looking for a workshop can go online, download our brochure and select a topic, establish a date, time, and place and submit a request for a presenter. You, as a presenter, can review the list of requests and choose to do one. Or two.

The Seniors' Health and Wellness topics include Advocacy for Seniors, Diseases that Target Seniors, Personal Planning, Safety, and Legal Issues. Two topics that are always in demand are *Memory and Aging* and *Falls Prevention*. As a presenter you do not have to be an expert on any of these topics. The slide shows are very clear and there are Speaker's Notes for each topic. Our training program can team you up with an experienced presenter so you can observe a presentation in person or online. Our mentors are very good at guiding you in the right direction.

Do you have the potential to be a presenter? You'd be the performer, director, producer, costumer, and makeup artist. Our presenters find it to be a satisfying job with a sense of accomplishment. The audiences are always appreciative, saying the presentations were "valuable", "worthwhile", "informative". While we don't handle individual cases, the audiences leaves with a good understanding of the issue and can ask their medical or legal contacts more specific questions.

So, are you willing? Want to pack up your computer and projector, put a smile on your face, and make a difference? Apply at president@seniorshelpingseniors.ca

So, This Happened...

A spot for members to add funny stories or happenings in their lives. Please send your submission to Janice Leonard (membership.branch2100@bcqrea.ca) or give a written copy to her at one of the meetings.



Battle of the Bed

I had the privilege of attending Sue Heuman’s presentation on “sleep” at the March 16th BCGREA 2100 membership meeting. In her presentation, she mentioned one specific cause of insomnia was related sleeping with pets.

This brought a smile to my heart when I remember my cat Tux. Tux was an abandoned Tuxedo kitten, all of about 12 weeks old. He showed up around June 2014 and came by daily when we put out a bowl of kibbles to encourage him to stay.



As the summer turned into autumn, we succeeded, and Tux became family. My partner, who is not particularly pet enamoured, would not let Tux in the house. He’d turn Tux away at the door saying, “no no”. So, Tux slept on the covered sundeck all summer and fall.

By the time winter closed in, Tux succeeded in making his way into the house. However, my partner insisted Tux was not to come in the bedroom or sleep on the bed.

In spring, there is always lots of yard work to do. After a particularly busy morning my partner was tired and decided to take an afternoon nap. Tux followed him into the bedroom and jumped on the bed beside him. My partner chased him off the bed. Tux jumped back on the bed, and my partner again chased him off. Again and again they battled for supremacy.

I watched the tug of war for a little while, but I went outside to do some chores. When I came back about an hour later, my partner and Tux were fast asleep next to each other on the bed.

Since that day, they could be found together, sleeping on the bed, be it during an afternoon nap or at night. Tux, won the “battle of the bed”. Our cat slept on the bed, next to my partner, until he (Tux) died 10 years later.

I still see the tug of war between the two when I walk into the bedroom and my heart still smiles every time.

We miss that sweet, determined and persistent Tuxedo cat.

From the Membership: Contributions from our members:

Hola from the Dominican Republic



In April, I visited the Dominican Republic for the first time and thoroughly enjoyed a week’s holiday with my daughter, her family and in-laws at a resort in the Punta Cana area.

This photo of palm trees blowing in the wind in the beach caught my attention. I had to take the picture - great memories built this way. This beautiful natural Caribbean beach, with an ever present breeze, was very relaxing and refreshing



Punta Cana is on the east end of the island. The area has only been developed since the 1980s. Ahh to glide over beauty and forget the chaos of the world.



Floating, walking and doing aquafit in a pool for 2-3 hours is my idea of a relaxing vacation. As a young adult, I was a competitive swimmer, lifeguard and instructor but, now, simply floating is my pace!

On the last day, we did an immersive tour at a new cultural centre, **Dominicania**, in Punta Cana. The guided tour started with an introduction to the Taino people and ended with a Taino meal. In between, we were introduced to the main Dominican export

products: larimar mining and polishing, cocoa growing and processing, coffees, cigars, rums and straw hats. Each section included a hands-on experience and taste testing, which my 6-year-old granddaughter particularly enjoyed. We also saw a couple of cultural dance performances.



Carol Paulson

Resources:

Savings for BCGREA Members:

Check out the **BCGREA website** under *Member Benefits* for a variety of available member savings.

Seniors Helping Seniors:

Seniors Helping Seniors (<https://seniorshelpingseniors.ca>) has a very good list of resources in the Lower Mainland covering many items of concern for seniors and their families. Much of the information is online but there are also listed resources that can be requested and many of the resources are available in a variety of languages.

Endless Savings and More App



Here is an app for your phone that give you savings at a variety of stores. It's called the **Endless Savings and More (ESM)** app. *After downloading, it will ask for your organization code... enter: **bcgre**.* When out shopping, tap the ESM app and it will show you the applicable savings in your area. New companies are being added all the time.

Next Newsletter: By the end of July

Together we can make this Newsletter great!

Hope to hear from you.

Thank You.