



Meeting dates:

Jan 20, 2025
Feb 10, 2025
Mar 17, 2025
Apr 14, 2025

2025 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:	Lu Gaudet	treasurer.branch2100@bcgre.ca
Membership Chair:	Janice Leonard	membership.branch2100@bcgre.ca

Directors:

Goodwill and Welfare:
Surindar Angl

- **Current Membership for Branch 2100 - Langley/Surrey:** 701 individuals
- **Approximate meeting attendance:** 40 - 50 members each meeting

Registration:

Marina Stevens

Upcoming Events:

Guest Speaker

Coordinator:
Darryl Walker

January 20: TBD, *United Way Healthy Aging Programs and Opportunities to Engage*
Details were still being worked out at press time

Conveners:

Christine Sereda

February 10: Mr. Dan Levitt

Topic to be announced regarding the Senior’s Advocate Group

Phoning Coordinator:

Chris Roberts

Guest Speakers:

November 18: Teresa Ojinma, - *Easy Fitness and Exercise*

Newsletter:

Editor

Janice Leonard

Journalist:

Vesta Hulme

Thank you Carol Paulson for taking the notes.

Teresa is the owner of [Home Fitness Plus](#) in Abbotsford serving in her community as a Clinical Exercise Physiologist, Kinesiologist and Essential Somatics Movement Teacher, with a mission to empower people through love, relationship, connection, education, application and practice, to know and understand the responsibility we have as human beings to gain a greater self awareness that leads to transformation, restoration, healing, freedom and success in all areas of life.



Vacant Positions / Wish list

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

3 major reflexes:

- Green light reflex – Landau reflex, back of the body muscles contract
- Red light reflex – startle reflex, front of the body muscles contract = senile posture
- Trauma reflex – due to somatic retraction, called ‘guarding’ = side bend, common in post injury, pain

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



Sensory motor amnesia – junky, jerky, shaky movement. Brain forgets to relax.

Somatics movement – relearning muscle movement, resets the brain. Responses to stresses are OK, but somatics movements is teaching the brain to respond that the responses don't need to reside in us.

Reading:

Thomas Hanna, Somatics: reawakening the mind's control of movement, flexibility, and health

Martha Peterson, Move without Pain

See website www.homefitnessplus.ca

- free restorative movement video

- movement library



December 9: Christmas Social

The Christmas Social was again held at the Royal Legion Hall in Cloverdale. There was plenty of food for all with 2 stations set up: one for the hot and finger foods and one for the drinks and desserts. There were game sheets on each table and if desired, the a person's ID tags had Christmas / Winter themed identities where the person asked yes and no questions to determine who / what they were. After lunch, a Gift Exchange was held. It looked like most attendees participated. Door prizes were also drawn for and well received by the recipients. The Social seemed to be a resounding success again.





Branch Elections:

The reason we elected some of the Executive for a one year term at the November meeting was to get the elections back on a schedule where half the Executive is elected each year. During and after COVID we sort of lost track of our elections, but this election schedule will allow us to get back on track again.

Branch elections, duly conducted by D. Walker and C. Paulson
For 2 year terms, January 2025 to December 2026.

- a. President – Wilf Broderick
- b. Secretary - Carol Paulson
- c. Director/Membership Secretary - Janice Leonard
- d. Director – position on hold until January 2025

For 1 year terms, January 2025 to December 2025

- e. Vice-President – Renee Poley
- f. Treasurer – Lu Gaudet
- g. Director – Darryl Walker
- h. Director – Cristine Sereda



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.**

Due to weather and the Christmas holidays, there were no walks for November or December.

Next Walk: Date and time to be announced at the January 20 meeting.

Hope to see you there
Benita

Merchandising:

We are excited to bring you this opportunity to brag about our Association. Janice Leonard is our contact for merchandise and sets up a small table with available merchandise and their prices at each of our meetings.

Below are some of the current items available. If there is anything that really calls to you, you may:

- 1) Purchase it at the meeting or before from Janice Leonard and it will be it set aside for pick up at the following meeting or
- 2) Send a message to Janice Leonard at membership.branch2100@bcgre.ca and we will check its availability. If available, pay by e-transfer to bcgre-jl@shaw.ca –

Good quality T's Wash well and show off our Association.



Crew neck or V-neck T's

Black Gideon
100% cotton

Cost:
S, M, L, XL **\$12.00**
XXL, XXXL **\$15.00**



An excellent way to revitalize an favourite article of clothing with our logo.



BCGREA Patches

Patch size: 3.25" x 2.54 "

- Black with blue woven patch on white background with merrow border
- Suitable for most clothing items
- Heat seal backing

Cost: **\$3.75** ea



New Item.



Item #12: Feather Flight Non-Weave Zipper Tote Bag with Reverse Logo.
Plus a Stylus top metal pen in royal blue with BCGREA and website in lettering.

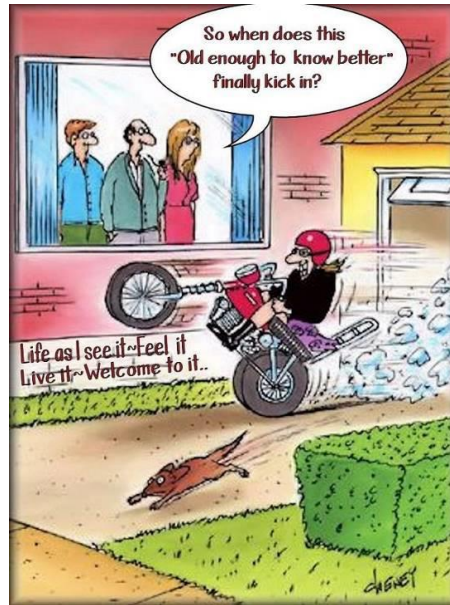
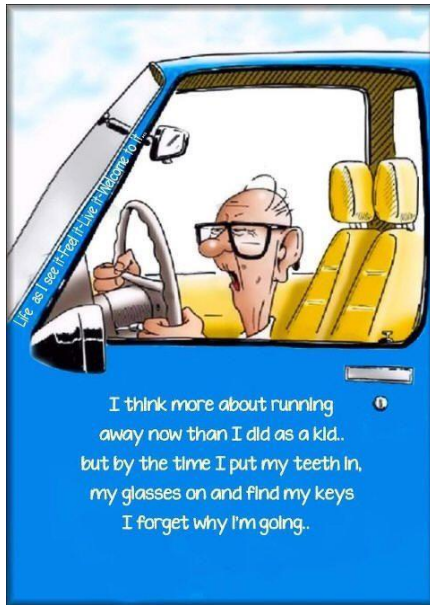
Size approximately 19" x 14 1/2" x 3".

- 80GSM non-woven polypropylene
- Extra-large zippered tote bag
- Dual 26" carrying handles
- 3 exterior mesh pouches
- Recyclable & reusable

Cost: **\$10.00** each while supplies last

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

Laughter **enhances** your intake of oxygen-rich air, **stimulates** your heart, lungs and muscles, and **increases** the endorphins that are released by your brain.





From the Membership:

Touring Ireland by Coach from Gerry N

This past fall, Gerry and his wife did a 12-day coach tour of Ireland. We hope you enjoy his narrative of their trip.

In September 2024 my wife and I took a 12-day coach tour of “the Emerald Isle.” It was an educational, entertaining and fun-filled vacation with lots of spectacular scenery, interesting activities, good music, food and drink.

Dublin, included the Dublin Castle and Trinity College before joining the tour and traveling to Belfast and then to Londonderry, to the neighbourhoods at the epicenter of the Troubles of Northern Ireland. The negotiated peace has been holding for over 2 decades now and there is evidence of tolerance and cooperation.

Belfast’s Titanic Experience was a very worthwhile exhibit, as was the Giant’s Causeway.

We stopped in Belleek to see pottery production. Through the rugged beauty of Connemara we visited the Kylemore Abbey with its Victorian castle, garden and church.

In Galway we enjoyed Irish music and dance performed by many of Ireland’s premier singers, dancers and musicians. The Cliffs of Moher were simply stunning as was the scenic drive on the coastal Ring of Kerry (Photo 1 - 40 Shades of Green on the Scenic Ring of Kerry)



Thanks to Trafalgar Travel for the map



Photo 1

Stopping in Killarney, we enjoyed a Jaunting Cart Ride in the Bourne-Vincent Memorial Park, home of the Ross Castle (Photo 2 - Ross Castle, Killarney National Park, County Kerry).

Blarney Castle and the Waterford Crystal facility were highlighted before stopping for some fun: learning about the sport of Hurling; partying; and pouring our own pints at a Pub in the Village of Stoneyford, County Kilkenny.

Next, the historic City of Kilkenny to visit its medieval town and the 12th century Kilkenny Castle.

All too soon, it was time to start heading back to Dublin, but not before stopping in New Ross to visit the Dunbrody Famine Ship. This is a reproduction of a ship that transported Irish emigrants to the USA and Canada during the potato famine. Very informative displays and entertaining reenactors. The last day was a very early drive to the airport for the plane ride home!

Overall, a memorable vacation filled with history, breathtaking scenery and plenty of Irish hospitality.



Photo 2



Your contribution, regular or occasional, is very welcome. These could be cute articles about a vacation, gardening advice, great recipes, maybe a nice hiking spot. Any "get involved opportunities" that you know about, keep in mind that the newsletter is circulated 3-4 times a year at most. Please keep the article short (1-2 paragraphs) and easy to read.



Resources:

Seniors Helping Seniors: <https://seniorshelpingseniors.ca>. This organization 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.

Savings for BCGREA Members: Check out the **BCGRE website** under member benefits (<https://bcgre.ca/members-benefits/>) for a variety of savings.



Help Wanted:

- ***Editor and Chief or Journalists for our Newsletter***
Are you missing your communications and public relations days? Do you enjoy writing? How about taking on the Branch newsletter or writing a few articles / taking pictures? Only 3-4 issues a year. The leadership team is here to assist you, if you'd like to give it a try.
- ***Carpooling Coordinator***
Are you interested in seeing more people at our meetings by helping those who can't get to them through a lack of transportation? This may be the position for you. This is great for someone who is organized; likes to organize teams (drivers with passengers); is willing to assist with the promotion of attendees at the meetings; is interested in improving environmental health and parking issues and would like to encourage social camaraderie. Assistance is available through the Membership Chair.

If you're interested in these or other positions, please contact:

membership.branch2100@bcgre.ca.

All the best for 2025!

Together we can make this Newsletter great!

Hope to hear from you.

Thank You.