



Meeting dates:

Sept 15, 2025
Oct 20, 2025
Nov 17, 2025
Dec 8, 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:** 704 individuals
- **Approximate meeting attendance:** 50 - 60 members each meeting

Registration:

Marina Stevens

Upcoming Events:

Guest Speaker

Coordinator:

Darryl Walker

Sept 15: Stuart Morgan, Executive Director, BC Public Service Pension Board of Trustees

His presentation will cover the following topics:

- Overview of the Public Service Pension Plan – governance and current financial status.
- The resilience of the Plan in times of economic and geo-political instability. How we are responding to current events.
- Extended health and dental benefits, with a focus on the role of the Pension Board vis-à-vis GreenShield

Conveners:

Christine Sereda

Phoning Coordinator:

Chris Roberts

Newsletter:

Editor

Janice Leonard

Journalist:

Vesta Hulme

Mr. Morgan support the Plan from a governance perspective by serving the Board of Trustees to make decisions and to oversee the Plan. He is not a subject matter expert on investments or extended health and dental, meaning that he will not go deep into the details of either of these topics.

Vacant Positions / Wish list

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

Oct 20: Health and Wellness Institute

Topic will be either Osteoarthritis or Sleep Issues for Seniors

Guest Speakers:

Apr 14: Angelika Hedley: 'A Lazy Gardener's Guide to Spring'

Angelika once again joined us and updated us on getting ready for the spring and summer activity of gardening.

Thank you Carol, for the write up on the talk.

This well-rounded presentation was enjoyed by all! Tips: use the West Coast Seeds Catalogue when choosing plants to rotate; Chaffer beetles tend to congregate under

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



streetlamps; apply nematodes in June and water well. There are alternative ground covers as well.

May 12: Estefany Rodriguez, *Hearing Instrument Practitioner with Hearing Life*



As I was absent from this meeting. Janice did some research from our members who did attend. The common response was that the meeting was informative, compelling, and engaging. She took the time to answer many questions. Estefany from the Cloverdale office of Hearing Life, was very knowledgeable and help us to understand the functions of the ear, and the importance of getting a baseline to measure against. This is a free examination.

Some Ear Trivia- Tinnitus is different for everyone, it can appear as ringing, hissing, buzzing or even roaring in your ear. While there is no

direct cure for ringing in the ears, there are several ways that you can reduce the impact it has on your quality of life. Taking care of your hearing is important. Eh.

FROM CAROL

Estefany will be speaking about hearing health awareness and how hearing loss can affect people both physically and socially. Hearing loss can lead to social isolation, mental tiredness, depression and anxiety. To go over options. solutions, what to expect from the hearing testing process, and some information on Tinnitus, see the draft of the May Minutes taken by Carol.

Hearing Life:

Phone # 604-372-3344

Location #105 - 18408 64th Ave Surrey BC V3S 1E9

Website <https://www.hearinglife.ca/>



draft-MINUTES-May
-12-2025-BCGRE-BF

Congratulations Carol. AGM Zoom Recipient winner of the iPad, donated by Belair Direct. Wilf presented it to Carol at the May 12 Branch Meeting.



June 16: Summer Social

June and the annual Summer Social was a hit once again with a great lunch served by the Royal Legion Team. There were 2 areas of delicious food – the main consisting of a large assortment of hot and cold finger foods, appetizers, veggies, and more. Then second table consisted of a variety of desserts and beverages. As the photos below show – we had a great time. There was also an auction of the plant pots with flags on each table which was well received. Thank you from our treasurer Lu, for the donation of the plants.

WELL DONE TEAM! THANK YOU!





Life Members



A Life Member is someone with 20 years of consecutive membership in our Association. The following members achieved this milestone: Lionel Adams, Surrindar Angl, Simon Beck, Keith Bespflug, James Duncan, Larry Kucille, John MacIntosh, Linda McCreath, Lynn McGill, Marina Stevens, Henry Strymecki, Bill Taylor, and Helen Thompson.

Wilf and Janice presented certificates and pins to those present. The members really appreciated the recognition, the social, chatting and having some time to reflect on their time in the workplace with other members. Many of these members remain active in our association, taking on key roles and assisting when needed. Unfortunately, Gordon Blackwell was unable to attend to receive his certificate.



W David Argo could not make the meeting. He did get his certificate and pin. He told me all about his time with Liquor Board started in Vanderhoof, then down to the Lower Mainland to Ladner, then off to the Elkford as manager, ending in Lumby, quite a nice tour through BC. He did mention that he knew nothing about this award recognition program and It should be mentioned in the Pen. He really enjoys reading the Pen. He felt quite honoured to be presented with the pin and certificate

Members from when we were at other locations:

Douglas Recreation Centre (20550 Douglas Crescent, Langley - 1999 – 2009)

BR2100 was founded in 1999, inspired by David Cullen and the community members who initially gathered in New Westminster.



Recognising the need for a branch closer to home, David Cullen and his wife Wilma took the initiative. David served as Chairperson and Wilma as Secretary.

By April 1999, the bylaws were drafted and additional executive members, including our own Wayne Dermody, joined the leadership team.



Meetings originally took place at the Douglas Recreation Center in Langley. Several original members remain active participants today - only a few are in the photo above.



BCGEU Office (8555 – 198A St, Langley – Dec 2009 – Feb 2020)



The new BCGEU office was built 2007 and we had the opportunity to meet there for many years beginning in December 2009.

This location became unavailable due to COVID 19 Restrictions. Our last meeting there was Feb 10, 2020.

To the left are some of the members who attended the BCGEU office location.

Post COVID 19

Tynehead Hall (9568 – 168 St, Surrey – Nov 2022 to Feb 2023) &

Langley Seniors Resource Society (20605 – 51B Ave, Langley - Mar – Dec 2023)



Following the pandemic, member interest in resuming meetings remained strong. After several venue challenges due to logistical considerations and costs, we relaunched our activities with renewed enthusiasm at Tynehead Hall.

This location offered accessible facilities, parking, easy to find and good value, though our stay was brief.

We then moved to the Langley Seniors Resource Society but again were only there briefly as we quickly outgrew the facilities.

Cloverdale Legion BR #6 (17567 – 57 Ave, Surrey - January 2024 – Present)

After much searching, it was recommended we try the Cloverdale Legion BR #6. We did and have had many good meetings and a few socials here. It seems we have found a new home.





AGM – April 30:



Thank you Carol and Janice for this report.

This was a very informative hybrid meeting. The zoom portion was managed by Al Barclay, questions and comments were accepted by the chat options.

We got to see all the zoom participants; it was quite a unique experience. Both the zoom and in person participated had the chance to ask questions and give input. We have some very astute members. Prizes were also offered. The 3 winners of the March 2025 online survey (\$200 gift certificates) were drawn by a number generator:

- Kathy Thomson, Branch 1200,
- Peggy Burfield, Branch 2300,
- Gordon Portman, Branch 700.

Our branch participation was 5 in person and few zoom participants, a good representation.

The meeting started respectfully with a Territorial Acknowledgement, and singing of the National Anthem. It was very moving. Gave me a sense of unity. Poor folks beside me, as I can not carry a tune even in a paper bag, so to speak. But sing I did. LOL

Presidents' Remarks, External Associations:

BCGRE President Brian Green outlined the new procedure for appointing Delegates to outside organizations. Delegates are now appointed by the president from any Branch that wishes to affiliate to The Council of Senior Citizens Organization of BC (COSCO BC). Reason is "One voice for our association." COSCO President Leslie Gaudet was in attendance.

Affinity partners present:

- Trip Merchant: representative Tom McLean (Newsletter comes out every 2 weeks on excellent vacations, cruises, and other opportunities) and a new website can be accessed on the BCGREA website
- Johnston-Belair Direct: representative Mark Costales- (will be completely Belair Direct as of July 2025) - new names same product. Prestige is now Journey Travel Plan; Medoc is now Belair Direct. They donated 2 iPad as prizes, one for zoom participants 1 for in person participants. Zoom Participant winner was our own Carol Paulson.
- Hearing Life: representative Cheryl Anderson, explained benefits – 10% off for self and family members, plus price matching. There are conditions on the price matching.
- Manulife: representative Tom Martell gave a Zoom presentation outlining their insurance offerings.

Presentation on Extended Health benefits:

Greenshield and Trustees.

- Trustees establish the benchmarks. Their goal is only one - "Ensure a safe and secure Pension"
- BCIC fulfills this requirement; the surplus of investments supports our Extended Benefits plan.



- Trustees, decide how the Benefit is administered and what they can afford. NOTE: That we have this plan is a huge benefit. Not every pension plan offers this.
- This plan is only administered by GreenShield. GreenShield is a not-for-profit Canadian Company and they have their own technology. All profits are returned to the company and used to benefit community, enhancing their already superior sought after technology. Basically, the surplus is reinvested back to BETTER HEALTH FOR ALL.
Their web page is awesome. So many things that can benefit your health if you are technology savvy. <https://www.greenshield.ca/en-ca>. WELL BEING. Check it out.
- They have listened to our issues, now offer many quick resolutions to help mitigate some of them. Their contact help center is available, online or by phone. The agents are trained to understand the policy, solve issues & given authority to implement the solution (this is called Simulated Claim). They are able to screen share, should you request it. Awesome tool you must initiate. It is very secure. To ensure your security, a code will be generated for you to give to the agent to allow this procedure.
- They recommend you use provider payment options. It is very easy for the provider to get registered, and you are not out of pocket waiting for reimbursement. Many providers do not realize this is a free service for them to initiate. So, ask, it can be done in real time.

Did you know you can check coverage for your benefits online? Checking your benefits online includes the drug coverage and requirements in real time, no second doctor visit to get a form filled in. Follow these steps to check your coverage online:

1. Sign into your online account
2. At the top of the homepage click 'Coverage' then click 'Check Coverage' OR scroll to the bottom and select 'Check Coverage'
3. Use the search bar to find a service or item or select one of the categories presented below
4. Enter claim information and select 'Continue to Estimate'
5. View the breakdown of your coverage and your plan details. There is an option to print your estimate

Please follow the steps below to access your benefit booklet through your online account:

1. Sign in to your online service account
2. Click on your name in the upper right-hand corner
3. Click on 'Account Settings'
4. Select 'Coverage'
5. Look for the link under 'Benefit Booklets' section.

You can print a copy of your benefit booklet by using the print button in your Adobe Acrobat browser plug in.

NOTE: Plan sponsors update their plans periodically and replace booklets as necessary. The online booklet is a guideline for understanding your plan, but we recommend contacting Customer Contact Services to verify the eligibility of any item or service prior to purchase. Doing so ensures you are receiving the most up-to-date eligibility on your plan.



You may view or download a copy of this booklet, by clicking this link:

<https://onlineservices.greenshield.ca/publicbooklets/pspp.pdf>

NOTE: Telephone calls are very busy in the month of January.

- Hours of operation are M-F 5:30AM – 5:30PM
- 1-888-711-1119 - with a call back option you will not lose your place in line

A Tax consolidation amount for the CRA can be done through their website

Dr Rich Brown explained the results of our survey. The response rate was 30% which is a very positive response. He broke down the information into understandable and useful data; overall, the survey generated amazing data. Our initiatives at the provincial level and local levels are valued by our members; however, membership is slowly declining, so we have some work to do to keep our membership numbers up. Maybe tell your co-workers that are eligible to join. It's \$20.00 a year for what we provide (guaranteed Pension and benefits) and so much more is definitely worth it. Members do not have to attend meetings or even accept our email. But numbers speak volumes when approaching the government to advocate on behalf of our members. Also helps with affinity partners.

All in All, a very good day spent attending. I am glad I got to go. if you wish to attend the next AGM, you may request this at our branch meetings or view it through our Zoom Presentation. **Next AGM is April 2026.**

Branch Leadership Team Meeting – May 26:

The Branch Leadership got together to plan for upcoming events. Some of the topics included:

- The June Social
- Recruitment Funding
- Provincial Dues
- BCGREA Name Change
- Ongoing review of the Branch Bylaws
- Guest Speaker Guidelines for future guest speakers along with topic ideas
- Updates on our Branch Operations
- Carpooling and extended Benefits.

As decisions are made and these topics come to fruition Wilf will update the Branch at the monthly Branch Meetings.



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.**

Walk #7- The Surrey Glades Garden Walk – May 17

457 - 172 Street, Surrey



Choosing to advance our Glades Garden walk two weeks ahead of last year's excursion proved to be a rewarding decision as the flower blooms of the rhododendrons and other flowering plants were even more spectacular. The weather, always unpredictable, started out with a steady drizzle of rain and eventually diminished, leaving the flora glistening with freshwater droplets. Eleven of us explored the gardens, each person or small group moving at their own pace and direction. The explosion of rhododendron colours ranged from white and creams, yellows, pinks, oranges, reds and purples. Many of the bushes, being more than 30 years in age, towered over us and provided a natural canopy shelter from the drizzle.

Mixed in with the evergreens, maples, magnolias and laurels,

the rhododendron forest was quiet and relaxing.

Our arrival time for the first slot in the morning also proved to be a good choice as the flow of entrants steadily picked up during our stay. Fewer people at the beginning meant better photo opportunities of the garden features.

With the exclamations of oohs and aahs at the beauty of it all, I would say that the outing was thoroughly enjoyed by all.



This particular walk will likely be an annual excursion so I hope to see other members join us May 2026

Next Walk:

Join us for our next BCGREA walk on **Wednesday, Aug 13th at 10:00 am**. I've chosen **Brae Island park** near Fort Langley. Click [HERE](#) for the brochure with details of the park and directions.

This is a lovely forested area (lots of shade if it is a hot day) with a 3.8 km loop of connecting trails. They are completely flat and wide enough for walking groups. There is ample parking at the site. If you have time after the walk explore Fort Langley with its many shops, restaurants and cafes. Please let me know if you plan to attend. My email is bmantonio8925@gmail.com or you can text or call me at 778-808-6315. Have a great summer

Thanks and I hope to see you!

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. Stop by to see any new items.

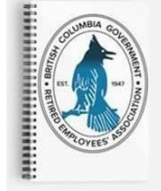
New items:



Baseball Caps with New Logo

- Description: White 100% cotton baseball cap.
- One size fits all.
- Made in China

Cost: **\$6.00**



Notebook

- Description: Roughly 8 inches high by 5 inches wide
- Full colour logo on the front with spiral binding and 80 pages

Cost: **\$5.00**



Tote Bag and Water Bottle

Cost: **\$10.00**

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

From the Internet – Taylor Watson

“I asked my daughter to give me the phone book. She laughed at me, called me a dinosaur and handed me her phone. So anyway, now the spider is dead, the iPhone is broken, and my daughter is fuming.”

From the Membership:

Life labs issues. Please report any concerns to the BC Health Coalition

While travelling and enjoying this summer, please consider a contribution to this section by telling us of your adventures, experiences, helpful hints, new locations, etc. that we may pass them on to others.

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:

Savings for BCGREA Members:

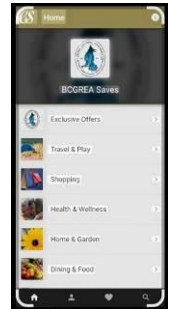
Check out the **BCGREA website** under *Member Benefits* for a variety of available member savings.

Endless Savings App



There is an app for your phone that could give you savings at a variety of stores. There are savings on travel, clothing, shopping, dining, and much more. New companies are being added all the time. It's called the Endless Savings and More (ESM) app. Have you downloaded it to your phone? *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. Check it out, you may be pleasantly surprised.



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.

Next Newsletter: End of October

Together we can make this Newsletter great!

Hope to hear from you.

Thank You.