



BCGREA Branch 2100 - Langley /Surrey

Meeting time: 3rd Monday of each month

1:00 – 3:00 PM

Location: Royal Canadian Legion, Branch 6

17567 - 57 Ave, Cloverdale, BC

June 2024

Meeting dates:

Sep 16, 2024
Oct 21, 2024
Nov 18, 2024
Dec 9, 2024

Directors:

Goodwill and Welfare:

Surindar Angl

Registration:

Marina Stevens

Guest Speaker

Coordinator:

Darryl Walker

Conveners:

Christine Sereda

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.

2023/ 2024 Executive and Contacts:

Chair: Wilf Brodrick chair.branch2100@bcgrea.ca
Vice Chair: Robin Rutherford vicechair.branch2100@bcgrea.ca
Secretary: Carol Paulson secretary.branch2100@bcgrea.ca
Treasurer: Lu Gaudet treasurer.branch2100@bcgrea.ca
Membership Chair: Janice Leonard membership.branch2100@bcgrea.ca

- **Current Membership for Branch 2100 - Langley/Surrey:** 708 individuals
- **Approximate meeting attendance:** 40 - 50 members each meeting

Upcoming Events:

Reminder, there are no meetings in July or August. Enjoy your summer.

September 16: Alex Muir, Dying with Dignity, Canada

Alex will be talking about “End of Life Options, including Medical Assistance in Dying”

This session will include:

- A brief review of end-of-life options
- How MAID legislation evolved in Canada
- MAID eligibility criteria and how to access MAID in BC
- Current restrictions and proposed changes to the legislation

Alex has been a volunteer with Dying with Dignity Canada since 2017, starting as an independent witness for individuals requesting medical assistance in dying (MAID) and then assuming the witness coordinator role. He has been an independent witness for more than 100 individuals applying for MAID. Alex became chair of the Metro Vancouver Chapter in 2020. His involvement has included making public presentations on MAID and Advance Care Planning, writing media articles supporting MAID and lobbying politicians for changes in the legislation.

October 21: Angelika Hedley, Past President of the South Delta Garden club

Angelika will be talking about “How to put your garden to bed”

November 18: Speaker TBA,

Topic: How to write a family history / memoir

December 9: Christmas Social



Guest Speakers:

May 13: Earl Earl – BCGREA Member

At our May meeting we were privileged to meet an entertainer named Earl Earl.



He is a very active senior, with a lot of talents. He showed us juggling including the one he is still learning how to do effectively, “the Rubber Chickens”.

His goal is to learn more types of juggling with various items, even wall juggling. He has mastered floor juggling. Practice pays off, he says. He showed us his unicycling, chatted to us about his stilt man persona, his clowning activities, and his made us some balloon items. He did mention that they are made from rubber and are biodegradable. He shared his experiences and stories with each different presentation.



It was quite inspiring to hear his journey to his present state of mind. He mentioned his many types of exercise, including Tai Chi, Yoga, Qi Gong and Tae Kwon Do, and the subsequent benefits.



He chatted to us about muscle memory, how his body remembers how to fall and tumble due to this training. Falls happen when on stilts and otherwise clowning around.

Earl Earl explained the importance of doing activities like this every day. Be easy on yourselves though. Do 10 minutes here and 10 minutes there. He had us doing some Qi Gong, and nice breathing and stretching exercises. Almost everyone got up and participated. It got our circulation going.

He also mentioned eating. He eats whatever he wants to, usually healthy food, and always in moderation. He does not keep junk food in the house, to tempt him..





He ended his presentation with some guitar playing and a little story that went with it. Inclusion with original writer of the song and the verses were added. Basically, anything can be improved upon. Always moving forward. Great inspirations are achievable. We had a draw for the balloon items which were well received.

June 17: Summer Social

A wonderful luncheon was provided by the Royal Legion with plenty of very good food. Everyone ate until they were full and had plenty of time to socialize. Many members were able to catch up with friends, meet new members and hear their stories. Everyone seems to be doing well in their retirement. Many comments were heard about how great a time they was having. Thank you to the Royal Legion for the wonderful lunch and letting us use your hall.



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.**

Surrey Glades Garden by Benita Antonio



On June 1st six members ventured out to explore the Glades Woodland Garden in South Surrey. Despite the rain that could have ruined the event (I have now been designated as the Rain Goddess and walk coordinator!), the fresh rain drops emphasized the colour variations of thousands of mature rhododendron bushes and made the leaves and foliage of a broad range of trees a much richer green. The reds, creams, yellows, purples and pink rhododendron blooms were gorgeous. The twists and turns through the garden trails allowed us to choose many directions for exploration. Our walk time, designated for one hour, soon became an hour and twenty minutes.



As the rain diminished, we could hear the soothing sounds of a musician playing his string guitar. Though broadcast on speakers in the park the music was unobtrusive and enhanced the garden walk experience.

The Glade Gardens, gifted to the City of Surrey in 2002, was initially purchased and created by the first owners, Lydia and Murray Stephen, in the late 1950s and 1960s and later by Jim and Elfriede DeWolf in the 1990s. The current garden designs are true to the original plans and any additions made by the City of Surrey are simply enhancements. The gardens are only open for May and June each year and are well worth the exploration. In fact, we plan to schedule a walk in the gardens for May 2025, when we can capture a larger array of blooming rhododendrons. So, join us in 2025!



Next Walk: *Surrey Bend Regional Park*

<https://www.surrey.ca/parks-recreation/parks/surrey-bend-regional-park>

Surrey Bend is a regional park located on the banks of the Fraser River in the northeast corner of the City. The site is unique in many ways, including its position as one of the few remaining large, undyked sections of the lower Fraser River, and the unique ecological effects this creates.

Some of the highlights include plenty of walking trails (on flat terrain), picnic shelters, a nature playground, floodplain forests, marshes, thickets, open field trails and a recently enhanced water channel provide habitat for many wildlife species. There are viewpoints from which to watch wildlife and river activity along Parsons Channel.



Place: Surrey Bend Regional Park
17775 – 104 Ave, Surrey, BC

Date: Thursday, July 25, 2024

Time: 10 am. Meet at the covered picnic area near the parking lot.

Contact Benita at bmantonio8925@gmail.com if you plan to come. Cell 778-808-6315 if you need phone contact.

Hope to see you there
Benita

Canadian Dental Care Plan (CDCP)

The Federal Government is setting up a dental plan for Canadian seniors *who do not have access* to dental insurance. If you are over 65, you can apply online now. Under 65, please consult the webpage below to find out when you are able to register.



BEFORE TAKING ANY ACTION PLEASE CONTACT SERVICE CANADA.

This is a federal government plan and only they can answer questions about individual eligibility. Please contact Service Canada at **1-833-537-4342**. You can also find more information on the federal government website at: www.canada.ca/en/services/benefits/dental/dental-care-plan.html

Note: DO NOT CANCEL your current dental plan. At this time, if you are on a dental plan or have access to a dental plan you ARE NOT eligible for the Dental Care Plan. According to the government website above, you are still considered to have access to dental insurance if you choose to opt out of an available dental benefit.

It is important to know that if you cancel your coverage with the Public Service Pension Plan and do not have coverage elsewhere you will not be able to regain coverage under the pension plan at a later date.

Lifetime Member Inductees

During the June17 Social, President Wilf introduced the members who had reach Life Time Membership Status (members of the BCGREA for 20 years). The Life Time Members were: Jody Challenger, Deb Jack, Len Harkness, Robert Puls, Elaine Price and Tim Roark. Congratulations and welcome to this Special Membership.



Tim Roark gave a lovely speech regarding his journey to this point. For those who missed it or couldn't hear it well, below is a reprint of his speech.

Way back in 1970 Wayne Dermody visited the Public Health Inspectors in Surrey and gave us a pep talk and invited us to join the BC Government Employees Association. We all joined and over time several of us joined the executive of the local as well.

The annual BCGEA/BCGEU conferences were a great opportunity to get involved and where we soon met John Fryer a great supporter and promoter as Executive Secretary. As time passed and structures changed I became involved on the executive of the Environment,



Resource and Conservation Component and was fortunate to participate in the Hours of Work negotiations in Victoria.

When I retired I made sure that I signed up for the BCGREA and encouraged my colleagues to do so as well. I have always enjoyed my affiliation with fellow retired members.

Many thanks for recognizing my years of membership in the BCGREA.

Best regards, Tim



The 55+ BC Games

The games will be held in Salmon Arm from September 10 -14 in 2024.

The [55+ BC Games](#) are an important part of the BC sport system and the largest annual multi-sport event in the province. The Games offer the opportunity to celebrate sport and active living with other participants from across the province and experience the hospitality of the host community.

This annual multi-sport event is hosted by a different community each year in the Province of BC. It is the largest sporting event for the 55+ population with over 3000 participants annually. Here's an opportunity to try a new activity *or participate as a volunteer* in one of the 12 'zones' throughout the province. There is everything from track and field events and pickleball to low impact activities such as horseshoes, darts and card games such as cribbage. To visit the main website, search: <https://55plusbcgames.org> **Registration closed June 30, 2024.**

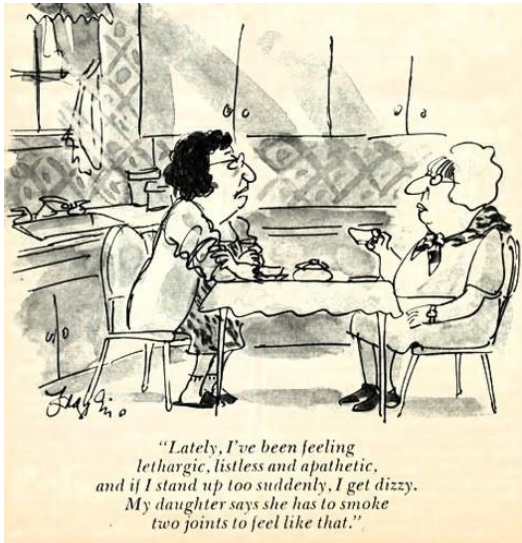
BCGREA members can participate in the games, and we would like to hear from our members who will be attending the games in Salmon Arm on September 10 to 14, 2024. We are trying to determine what level of interest there is and whether it is worthwhile to have BCGREA ball caps and/or T-shirts available to help members identify each other and to support fellow participants in their competition.

If you are interested in connecting with other BCGREA members during the event, or if you would just like to hear what plans the BCGREA has in conjunction with the games, please see the email sent out by the BCGREA R&R Committee sent out on June 26.

Keeping fit - spiritually, mentally and physically.

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.



Merchandizing:

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.



From the Membership:

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> 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:

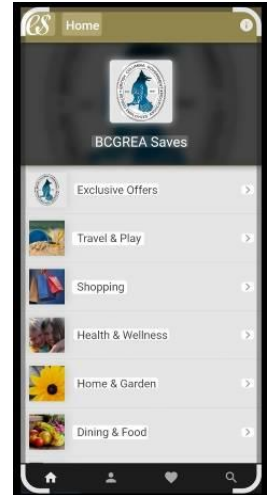


There is an app for your phone that could give you savings at a variety of stores. It's called the **Endless Savings and More (ESM)** app. Have you downloaded it to your phone? *After downloading, it will ask for your organization code... enter: **bcgre**.*

There are savings on travel, clothing, shopping, dining, and much more. These savings include businesses in Canada and the USA; national chain retailers as well as service and travel providers. 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.

NOTE: You might also want to check out the BCGREA website (near the bottom under the Membership Benefits) as it has a list of savings for members that you may not know about and more information about the **Endless Savings and More (ESM)** app.



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.

Together we can make this Newsletter great!

Hope to hear from you.

Thank You.