

MINUTES

1. Teresa Ojinma, easy fitness and exercise

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.

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

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

2. Call to Order: 2:15 pm

3. Adoption of Agenda: M/S/C

4. Adoption of Minutes: from October 21, 2024. M/S/C as amended

Amend Agenda item 4: **Reports: Treasurer:** – from ‘Budget and financial statement must be sent to by December 9’ to ‘Budget and financial statement must be sent to the Provincial Treasurer after the December bank statement is received in January and the year end audit review is completed.’

5. Reports:

President: Wilf Broderick

- As 1st VP of BCGREA – met with 3 other provincial groups, to work together for the benefit of the members all 4 organizations. A task force will be struck.

Vice President: Robin Rutherford - no report

Secretary: Carol Paulson

- Encourage all to fill in the Seniors Advocate survey the BCGREA e-mailed out Nov. 18

Treasurer: Lu Gaudet

- Closing balance \$4741, including \$334 member donations
- Audit will be done by Gerry Nelson and Renee Poley in January
- Investigated opening accounts at Coast Capital and VanCity. Recommends opening an account at VanCity.

Membership: Janice Leonard

- 701 members, 1 passed away

Merchandising: Janice Leonard

- new T-shirts
- samples of all items is available on the merchandizing table

Newsletter: Janice Leonard

- was circulated November 4
- our Branch 2100 section on the BCGREA web page is updated

Phoning: Chris Roberts – no report

Good and Welfare: Surrindar Angl – no actions required

Walking Group: Benita Antonio

- photos of the walks are on our Branch's section of the BCGREA website

Convenor: Christine Sereda

- appies for the Winter social

Guest Speaker Committee: Darryl Walker, Judy Gill, Margaret Mubanda, Benita Antonio

o January 20 - tbd

o February 10 tbd – note this is the second Monday of the month. The third Monday is Family Day.

COSCO: Renee Poley, Margaret Mubanda – no report

Motion to accept all reports: M/S/C

6. Old Business: none

7. New Business:

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

M/S/C

The Branch expressed its sincere appreciation to Robin Rutherford for his contributions as Vice-President for the past few years.

8. Motion to open a VanCity Community Account for Unincorporated Association, Groups/Teams/Clubs in the name of 'Langley Surrey Branch 2100 BCGREA'.

M/S/C

9. Motion to Appoint the following as Authorized signers on the Bank account. President Wilf Broderick, Vice President Renee Poley, Treasurer Lu Gaudet

M/S/C

10. Motion that the Controlling person on the account be Treasurer Lu Gaudet.

M/S/C

11. Registration: Marina Stevens

Total: 41 members and 5 guests

12. Member Donation: \$33

13. Adjournment: 3:01 pm

Next Meeting: Winter Social, December 9, 2024

The Leadership team has a few fun activities planned.

Gift exchange:

- bring a gift if you would like to participate. Participants will receive a ticket in exchange for their donation.
- all attendees, members and guests, may bring a gift and participate.
- gift costs should be between \$10-15 value, recently purchased
- wines must be purchased at a retail outlet (no homemade product), and placed in a red or white bag to match the wine.

APPROVED 2025.01.20