BCGREA Branch 2100 Surrey Langley	October 19, 2026 1-3 pm Royal Canadian Legion, 17567 57 Ave, Surrey

Draft MINUTES

TOPIC: Tai Chi. This gentle form of exercise can help maintain strength, flexibility, and balance could be a perfect activity for the rest of your life.

Taoist Tai Chi focuses on health benefits, including increased strength, flexibility, and mental stillness, rather than just the appearance of the movements. He noted that the practice is suitable for all ages and conditions, including seniors and those with chronic illnesses like MS or osteoporosis.

George Hope explained Taoist Chi and lead demonstrations. George is a branch councilor and treasurer for the Vancouver Branch of Fung Loy Kok Institute of Taoism and has been practicing Taoist Tai Chi for 28 years, and been an instructor since 2014.

Fung Loy Kok Institute of Taoism has been offering training in the Taoist Tai Chi arts in Canada for 55 years. Taoist Tai Chi originated in Taoist monasteries in China and was brought to Canada in 1970 by Master Moy Lin Chin who was a Taoist monk. Canada is the largest group outside China, and based in Ontario.

Taoist Tai Chi is now offered in 25 countries around the world Each country has its own Board of Directors. Canada has 5 regions: Pacific, Vancouver, Victoria, Central Vancouver Island, BC Interior

Membership is $400 a year for seniors. With that, you can drop in to any class in the world. There is also a 4-month introductory package for $135 for seniors. There is a Introduction to Tai Chi arts session Nov 7-8, 2026 in Vancouver, at the Kingsway and Fraser location.

See the website Taoist.org. (https://test.taoist.org/) or more information.

‘**Call to Order**: 2:20 pm

1. **New items/Adoption of Agenda: M/S/C as changed**
    a. Staying on the Road, November 18, 2026
    b. Oct 22, 2026 Staying in the Home, presenters and exhibitors

2. **Adoption/Correction of Minutes:** September 21, 2026 **M/S/C**

3. **Reports:**
    President: Wilf Brodrick
        i. Oct 14 Directors Zoom 10 am to 1 pm
        ii. Public sector retiree group met Sept 1
        iii. COSCO opposed to property tax deferral program
        iv. Bylaw changes
        v. Expanded Affinity partners
        vi. Communications – The Pen. Contributions welcome

vii. Trustee Report – 122% fully funded. CRA has limitations that kick in at 125%.
viii. CPP investment group in Vancouver – are sound, good for at least 75 years. Will be a trillion $ by 2030. 40% invested in US, 20% in Canada. Oil & gas sector ~3%; intend to get out of all oil & gas gradually.
ix. Thanks to Janice, Kim and Carol for setting up the Zoom for members to observe the presentation

Vice President: Renee Poley
Board of BCGRAEA – very dedicated

Secretary: Carol Paulson --jar openers available for any who want them

Treasurer: Gerry Nelson

Opening Balance: **$2450.13**
Revenue: **$48.00** Member donation for Meals On Wheels
Expenses: **$327.68** Meeting: room rental; bank charges; meeting supplies-printing. No food receipts for Sept meeting, therefore b/f these costs into Oct.
Closing Balance: **$2170.45**

January financial review - need a couple of volunteers
M/S/C

Membership: Janice Leonard – 707 members, 1 new, 1 transfer, 2 lost contact
Poll regarding speakers– 56 responded; 25 gave input; 14 gave additional input when reminded

Merchandising: Janice Leonard – 50 + gmes in surrey, merch and recruitment.

Sponsorship money -

Newsletter: Janice Leonard – to be circulated mid to end of November. Submissions welcome.

Phoning: Chris Roberts – no report

Good and Welfare: Surrindar Angl – 2 cards sent

Outdoor Ramblers: Benita Antonio – next one Oct 21 at the Tynhead hatchery parking lot. Next walk will be in March

Convenor: Catherine Pritchard, Diane Felgate, Lynn Schneider, Sheila Zeiner – no report

Guest Speaker Committee: Benita Antonio, Darlene Jamieson
November 16 -
December 7 social – on the first Monday to avoid being too close to Christmas
January 18, 2027
February -
March -
April – dementia solutions

COSCO: Wilf Brodrick, Renee Poley, Margaret Mubanda
Leslie Gaudet, Chair of COSCO is attending the UN bill for rights of older persons meeting in Geneva next week

Motion to accept all reports: M/S/C

4. Old Business: nil

5. **New Business:**
    a. Proposed BCGREA Bylaw changes to our 75 year old constitution; only doing a few key items at this time
        i. 2 major issues: giving voting members authority, resolutions from branches
            1. Definition of directors – currently the Board of Directors is every branch chair and all table officers, which is very cumbersome. Going forward, the Board of Directors will be restricted to what is now known as 'Table officers' and they will be tasked to run the day to day business.
            2. Delegates/Voting Members. All Branches will have 2 Delegates/Voting Members who will meet two times a year in general meetings to set policy directions for the organization
            3. Resolutions – a preliminary notice of general meetings will be circulated 120 days ahead of each general meeting. Branches will have 45 days to prepare and pass resolutions. These will be forwarded to the Resolutions Committee, who will have 45 days to collate resolutions and ensure that the resolution complies with the Act and BCGREA Constitution and Bylaws.
            4. All Delegates/Voting Members and the Board of Directors will meet twice a year in general meetings a year, where resolutions can be addressed
            5. 75% majority is required at the April 2027 AGM for these changes to become effective

    b. The Seniors Health and Wellness Institute (COSCO) is hosting a 'Staying on the Road' zoom on November 18, 2026. Sign up at seniorshelpingseniors.ca

    c. Oct 22 Staying in the Home, presenters and exhibitors, Seniors Professional Network workshop at Grace Church, 9770 King George Blvd, South Surrey Seniorsbc.com/event

6. **Registration:** Marina Stevens
    a. 58 Members; 1 guest, 5 presenters

7. **Member Donation:** Marina Stevens
    $47.50

8. **Adjournment:** 3:15 pm