



National Association of Federal Retirees Association nationale des retraités fédéraux

FRASER VALLEY WEST

BC 04  
Branch Update (#7)  
September 2022



### Well, that was fun!

50 + members came out for the General Meeting and Barbecue on July 20th at Williams Park in Langley. We enjoyed sunshine, great food (Henry’s Outdoor BBQ and Katherine’s home baking) and good company in a lovely outdoor setting. And the mosquitoes were mostly MIA. Cloverdale-Langley City MP John Aldag joined us, brought us greetings from Ottawa and was available to hear members’ concerns one-on-one.

For the organizers—Katherine, in particular—there was some suspense as the Township of Langley did not confirm that we actually had a permit for the event until the day before it happened. You gotta have hope!



Now that we found Williams Park (seems like it was more of a challenge for some who relied on GPS) we may try to book it again for next year. Maybe we will ask the Township to improve their signage! But, all-in-all, reviews have been very positive. Great work!

Happy campers.



### AMM

The national Annual Meeting of Members (Branch presidents and senior volunteers) was held in Gatineau June 21-24. Volunteer recognition was a central part of the event as the Association honoured retiring president Jean-Guy Soulière, and invited award winners from 2020, 2021 and 2022 to receive their awards in-person. Congratulations to all! And best wishes to Roy Goodall, who was elected National President. Roy has served many years as a national director for Prairies/NWT (Calgary) and as Vice President.



At the Volunteer Recognition Awards Dinner (L to R): Steve Sawchuk, Branch Services Coordinator, Bernd Hirsekorn, 2020 recipient, Claude Edwards leadership award, Maureen Hines, President BC01, Leslie Gaudette, Advocacy Program Officer BC/Yukon, Ian Spence, President BC 04)



## Mark your calendars!



- September 23 (Friday) 10 a.m. PST – **National Special Meeting** (Zoom - branch presidents) – to elect a National Vice President
- September 28<sup>th</sup> (Wednesday) 2-4 p.m. – **All Candidates forum** (mayor and councillor candidates) **Langley City council**, at the Langley Senior Resources Society centre, 20605 51B Ave, Langley
- October 1<sup>st</sup> (Saturday) – **National Seniors Day** – International Day of Older Persons!  
**Health Care Fair** – 10 a.m. – 3 p.m. at the Langley Senior Resources centre, 20605 51B Ave, Langley
- October 5<sup>th</sup> (Wednesday) 2-4 p.m. – **All Candidates forum** (mayor and councillor candidates) **Township of Langley council**, at the Langley Senior Resources centre, 20605 51B Ave, Langley
- October 15<sup>th</sup> (Saturday) – **BC Municipal elections**  
Get out and vote for candidates who have your concerns at top of mind
- October TBD – “**Boosting Your Mood! As Covid continues...**”  
speaker event, Carmela Smythe, Canadian Mental Health Association, Vancouver-Fraser.  
We are planning a hybrid event, i.e. in-person and by Zoom. Stay tuned!
- November 11<sup>th</sup> (Friday) – **Remembrance Day**  
If you would like to lay a wreath on behalf of Federal Retirees (Crescent Beach, Surrey, Langley, Fort Langley), contact us!
- December 8<sup>th</sup> – **Branch General Meeting and Christmas luncheon**  
Newlands Golf and Country Club, Langley,  
doors open at 11 a.m., meeting at 11:30 – Bring a friend! Bring a potential new member!  
Register by Eventbrite (details to follow).

***In Memoriam*** —Federal Retirees’ national magazine, SAGE, has an “In Memoriam” section to honour recently deceased members by listing their name and Branch. To have the name of your loved one included in the “In Memoriam” section, please contact **Steve Sawchuk** . Please note that SAGE is published quarterly and branch submissions are required several weeks in advance. Names received before the first week of October 2022 will appear in the Winter (December) issue. In addition, If you would like to post a memory piece or photo on the [branch web-site](#), please contact us at [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)

### Volunteer opportunities

Have a couple of hours? This could be your chance to turn off the TV, get off the couch, and hang out with people who probably remember the same music you do! Could you lend a hand...

- ⇒ Helping other Branch volunteers staff an information table at a town hall or seniors’ fair?
- ⇒ Hosting /helping to host monthly ‘Meet and Chat’ coffee meetings in your area?
- ⇒ Attending a Remembrance Day ceremony and laying a wreath on behalf of Branch?
- ⇒ Helping with arrangements for the Christmas luncheon?
- ⇒ Taking pictures. Are you good with a camera ? You can see we are in desperate need of a photographer.

Call Ian at 604-753-7845, or Steve at 604-574-2939 or email: [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)

### Your 2022 board: Contact us at [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)

Ian Spence, president  
Katherine Kettler, vice president  
Thelma Graham, secretary  
Stuart Wilson, treasurer  
Steve Sawchuk, membership admin  
Rocky Rockwell, health & benefits  
Joy Hennen, recruiting & marketing  
Bernd Hirse Korn, volunteer engagement  
Ilene Fika, director  
Sharon Riches, director  
Judy McLellan, director  
Greta Rickenbacher, director



Seniors

# HEALTH FAIR



**Saturday,  
October 1st**

at Langley Senior  
Resources Society  
20605 51B Avenue,  
Langley  
10:00am - 3:00pm

**Oct 1st is the  
International Day  
of Older Persons**

Vaccine Passport Required

Info tables, food, prizes and  
entertainment! Free Entry!  
[info@langleyseniorsinaction.ca](mailto:info@langleyseniorsinaction.ca)



**Active Living for 50+**

Langley Senior Resources Society

*Socialize ~ Learn ~ Enjoy Life*





OUR AWESOME SPEAKERS

# ALL-CANDIDATES MEETINGS

Meet your candidates before voting in the Municipal Election.

**Langley Senior Resources Society**

20605 51B Avenue, Langley

Wednesday Sept 28 - 2pm - 4pm City of Langley

Wednesday Oct 5 - 2pm - 4pm Township of Langley

Proof of vaccination required. No registration needed.



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