



National Association of Federal Retirees Association nationale des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#8)
October 2022

Mark your calendars!

October 19th:

Know 'someone' who is a little low on energy and enthusiasm as winter approaches? Is that you?

Join us for coffee (and a cookie or two), and some ideas on how to restore the bounce to your step. Or come just to hang out, "meet and chat" with fellow retirees.

Speaker: **Carmela Smythe**, Canadian Mental Health Association, Vancouver-Fraser
"Low Mood and Worry: Bounce Back—A Free Resource"

Wednesday, October 19th,
1 p.m. Cloverdale Recreation Centre
6188 176 St, Surrey

Maxine says...



RSVP Please by email, to Judy McLellan, judymichelle1@live.com or by phone to Sharon Riches, 604 946-2434 .

- October 15th—Local Government elections—Vote! Vote! Vote!
- November 11th—November 11th (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 8th – **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)

October 15th—Local Government Elections—*Is that a ballot or a phone book?*

If the number of candidates is a sign of health, our democracy at the local government level is robust. In White Rock, there are four candidates for mayor, and 16 vying for six councillor positions. In Surrey, there are eight mayoral candidates and 56 (!!!) nominees hoping to fill six council seats. Langley Township there are four candidates for mayor (Jack Froese is not running again), and 28 running for the eight other spots at the council table. In Langley City, there are two candidates for the mayor's job and 14 for the six council seats. These people make decisions that directly affect you and your neighbourhood. Take the time to get out and meet them. Make them aware of your concerns and your ideas for how we can make our communities better for everyone. .

Mayoral candidates:

White Rock Erika Johanson, Megan Knight, Scott Kristjanson, and Daryll Walker (incumbent)

Surrey: Amrit Birring, Sukh Dhaliwal, Gordie Hogg, Brenda Locke, Doug McCallum (incumbent), Kuldip Pelia, Jinny Simms, John Wolanski

Township of Langley: Rich Coleman, Michelle Sparrow, Blair Whitmarsh, Eric Woodward,

Langley City: Val van den Broek, Nathan Pachal.

Celebrating Labour Day in the sun...

September 5th— The sun was out and so were a lot of happy people. In Surrey's Holland Park, there were speeches and music (the band was 'Common Ground'), cotton candy and face painting. The line-up of children for the balloon artist was especially long—not *passport office long*, but long. Speakers included Harry Bains, BC Minister of Labour, and Peter Julian, MP for New Westminster-Burnaby. Federal Retirees volunteers—from both Vancouver and Fraser Valley West branches—were there, waving our banner and recycling our 'four priorities' buttons from the 2019 and 2021 elections. At Mill Lake in Abbotsford, the Labour Day event was more informal; there were a variety of politicians but mainly for the municipal elections and no speeches. There was a greater emphasis on food: fresh Fraser Valley corn, PSAC popsicles and ice cream novelties. Joy Hennen was there, giving out recruitment envelopes to federal workers and spreading the message: 'You don't have to be retired to join'.



Harry Bains, BC Minister of Labour, and Pauline Greaves, NDP hopeful in the Surrey South by-election



Bernd, Thelma, Ian



"How does he do that?" Mr. Bubbles, balloon artist and Telus retiree, worked tirelessly to delight his fans.



Peter Julian, MP New Westminster-Burnaby



(front) Thelma, Bernd, and Vancouver Branch volunteers, Bev Legal and Linda Shiefke, with (back) Raj Chouhan (speaker, BC leg) and James Wang (Burnaby City council).

Your 2022 board:

Contact us at nafrc04@gmail.com

Ian Spence, president

Katherine Kettler, vice president

Thelma Graham, secretary

Stuart Wilson, treasurer

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Rocky Rockwell, health & benefits

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