

BC 04  
Branch Update (#2)  
February 2023



National Association  
of Federal Retirees Association nationale  
des retraités fédéraux

FRASER VALLEY WEST



#### NOTICE OF MEETING

#### BRANCH ANNUAL MEETING

March 16<sup>th</sup> 2023

Newlands Golf & Country Club, Langley

Meeting 11:30 a.m. (doors open at 11:00 a.m.)

To conduct the Mandatory Business of the Branch:

- a) Approve the minutes of the 2022 Branch Annual Meeting;
- b) Receive the President's report;
- c) Receive the reviewed financial records for 2022;
- d) Receive the budget for the 2023 and financial forecast;
- e) Give the Board of Directors the authority to appoint a reviewer for 2023;
- f) Consider any proposals for amendment of the Branch bylaws, notice of which was included in the notice for the meeting.
- g) Conduct elections for the Branch board;
- h) Conduct other such business as may be properly brought before the meeting.

Buffet luncheon to follow @ 12:30, then...

#### Party Like it's 1963!



#### Celebrate Federal Retirees' sixty years!

With great food and special entertainment.  
(Hint): *Are you ready to... "Turn back time?"*

Do you have a friend who is eligible to become a member?  
Now is the time to bring that lucky person along!

Special "retro" recruitment price:  
**\$19.63 per person.**

Hurry! Space is limited! Reserve by Eventbrite at

<https://www.eventbrite.ca/e/60th-anniversary-party-like-its-1963-at-the-branch-annual-meeting-tickets-521312970127>

#### NOTICE OF MOTION

#### Proposed bylaw amendment:

#### Branch Reserves

Funds held in reserve for Defense of Benefits (to underwrite the cost of legal challenges and information campaigns) are held and managed centrally by the national Association. Reserves held by the branches ostensibly for the same purpose may be subject to scrutiny by the Canada Revenue Agency and bring into question the Association's not-for-profit status.

Therefore, it is proposed **to delete from the Branch bylaws, the current subsection 9.6 and paragraphs 9.6.1 and 9.6.2 as follows:**

#### 9.6 Defense of Benefits Emergency Reserve Fund

The Branch may establish and maintain a reserve fund, known as the Defense of Benefits Reserve Fund, withdrawals from which may be made only to support initiatives to promote or protect significant pension or health benefits.

#### 9.6.1 Maximum Amount

The maximum amount to be held in the Defense of Benefits Reserve may be set at a Branch Annual Meeting by a proposal receiving a majority (50%+1) of the votes cast.

9.6.2 The Branch board may authorize the withdrawal from the reserve up to a limit set by a vote at a general meeting. Withdrawals over that limit must be authorized at a Branch Annual, Special or General meeting, by a proposal receiving a majority (50%+1) of the votes cast.

**And substitute a new subsection 9.6, worded as follows:**

#### 9.6 Reserve funds

The branch may establish and maintain reserve funds in accordance with the Association's regulations. The branch board has the authority to create, change or remove such reserves and must present a report on the status of all branch reserves at each annual general meeting as part of the presentation of the branch's financial statements.

And... From our friends at the **Semiahmoo Seniors Planning Table ....**



**Semiahmoo Seniors**  
Planning Table



## **THRIVING IN A SAFE AND COMFORTABLE HOME.**

**Join us and learn how you can prepare your finances and home for living in place.**

Presented by Rich Ulvild from Xeva Mortgages and Kyle Bliss from MPB Construction.

**Date:** February 16, 2023

**Time:** 1:00pm to 3:00pm

**Location:** White Rock Community Center - 15154 Russell Avenue, White Rock, BC, V4B 0A6

**Registration:** Free + Lunch will be provided

### **Topics we will be discussing:**

**Gain peace of mind by learning about your financial options:**

- Money can be available for when you need it and how you want it
- Many uses such as accessibility renovations, in-home care, care facility for a loved one, and inflationary expenses

**Utilize your financial options to live comfortably in your own home:**


- Discover the adaptations and renovation services available to make your home safe & accessible
- The importance of planning ahead and being prepared
- Provincial programs for seniors designed to offset the cost of a renovation

**To register for free:**


Call 604-531-9400 (ext 220) or email [semi.seniors@gmail.com](mailto:semi.seniors@gmail.com)


Check out the amazing variety of programs and services available from our friends at the

**Langley Senior Resources Centre.**



Langley Senior Resources Society  
**In The Loop**  
 Programs and Services  
 for Adults 50 Years of Age and Older



JANUARY 2023 



*Afternoon Tea & Westcoast Express*

Thursday, February 23, 9:45 am - 6:00 pm  
 Members: \$129 | Non-Members \$149

Visit Adonia Tea House in Kerrisdale for an eight-piece assortment of homemade finger sandwiches, pastries and a scone, accompanied by your choice of tea. See a morning tea demonstration at the Chinese Tea Shop and ride the West Coast Express departing Vancouver at 3:50pm arriving at Mission Station at 5:05pm.

**PACKAGE INCLUDES:**

- ~Adonia Afternoon Tea~
- ~Kerrisdale Free Time~
- ~Chinese Tea Shop Demonstration~
- ~West Coast Express Ticket~

cancel/refund by February 9



*Fraser Valley Wine Tour*

Wednesday, March 15, 9:30 am - 3:45 pm  
 Members: \$129 | Non-Members \$149

*What could be better than a day to immerse yourself in some of the Fraser Valley's finest wineries. Taste local wines at Chaberton Estate Winery, Backyard Vineyards and visit The Glass House Estate Winery for a delicious winery lunch.*

**PACKAGE INCLUDES:**

- ~Glass House Estate Winery **Lunch**~
- ~Chaberton Estate Winery Tasting~
- ~Backyard Vineyards Tasting~
- ~Fort Langley Free Time~

cancel/refund by March 1

## Meet and Chat – In White Rock!

Before the pandemic, we had regular ‘Meet and Chat’ sessions (more or less monthly) in South Surrey/White Rock, providing members with an informal venue where they could connect and trade stories (with no fact-checking).

We ran a test on November 16th, to find out if people would show up again, at this phase of whatever-we-are-in (we won’t say ‘post-pandemic’.) A dozen members did, and they enjoyed a couple of hours of lively, engaging conversation and made a bunch of new connections. So we thought we would do it again. Starting in April, we aim to hold the sessions on—probably on a Wednesday, every other month - at the Centre for Active Living, 1475 Anderson Street (next to the Centennial Arena).

Coffee, tea and cookies will be provided free! You will have to pay for parking (this is White Rock). The Branch has many members in South Surrey / White Rock, but all members are welcome, of course. Watch the March ‘update’ for confirmation of the April date.

And... If you would like to host a ‘Meet and Chat’ in your neighbourhood, let us know .



### Question:

It’s about that party. Will anybody important be there?

Yes! You. Also, **Roy Goodall**, National President, plans to attend. He will speak (but not for too long).

## Keep in touch!

**Call Steve—(604) 574-2929 to update your membership info**

**Contact Rocky if you have questions about your pension or benefits.**

President	<b>Ian Spence</b>	(604)753-7845
Vice President	<b>Katherine Kettler</b>	(778) 995-6136
Secretary	<b>Thelma Graham</b>	
Treasurer	<b>Stuart Wilson</b>	
Membership Admin	<b>Steve Sawchuk</b>	(604) 574-2939
Membership Marketing	<b>Joy Hennen</b>	
Volunteer Engagement	<b>Bernd Hirsekorn</b>	
Health & Benefits grockwell@shaw.ca	Glen ( <b>Rocky</b> ) Rockwell	
Directors	<b>Ilene Fika</b>	
	<b>Judy McLellan</b>	
	<b>Sharon Riches</b>	

**email: [nafrc04@gmail.com](mailto:nafrc04@gmail.com)**

## Because loneliness and social isolation are growing health concerns...

...we hosted a Zoom presentation on January 12th, on the ‘Oasis project’. Dr. Catherine Donnelly, an Associate Professor in the School of Rehabilitation Therapy at Queen’s University, briefed us on the demographic research on ‘Naturally Occurring Retirement Communities’ (NORCs). The aim of Oasis is to provide an alternative for older adults to live independently. The project has been successful in connecting neighbours in multi-unit residential buildings at several locations in Ontario. The members of each Oasis community design their own program of activities – congregate dining, exercise and social activities - with the support of a Program Coordinator, access to a communal space such as a dedicated lounge/activity room and community volunteers. This project is expanding to B.C., with initial partners in two Brightside seniors housing complexes in Vancouver.

Zoom attendees included several members of the Semiahmoo Seniors Planning table, Langley Seniors in Action, COSCO, and a number of Federal Retirees branches in BC.

In the Q&A session, one of the participants mentioned the ‘Hey Neighbour’ collective, which is similar in nature. This collective of neighbourhood partnerships believes that affordable housing is a key social determinant of health. They consider loneliness and social isolation to be critical issues and are concerned that these problems are more prevalent among people who live in multi-unit housing. Therefore, they promote “building relationships” by connecting neighbours through shared activities and social interactions. The result is healthier, more resilient residents who are engaged with their communities.

Check out the ‘Hey Neighbour’ Collective at

<https://www.heyneighbourcollective.ca/what-we-do/>

## Yes! We are always looking for new members

...because it’s true: there is strength in numbers.

Because of you, your Association has a place at the negotiating table. If you know someone who is eligible to become a member—any one who receives or contributes to a federal Superannuation pension—invite them to join us!

## And Yes! We are always looking for enthusiastic and talented people

just like you to help us host events for our members and carry the Association’s advocacy message to your elected representatives. If you are nervous about taking on a Board position, there is support and training for that.

If you are interested in helping out by hosting a coffee meeting or by assisting at an event, or writing letters, don’t be shy!

Contact us.

