



BC 04  
Branch Update (#4)  
April 2023

# Yes, it was a party!



Yes... That is Elvis leading a conga line. What did you expect?



Katherine decorated Derek Hudson, one of our 'top sixty' longstanding members, with a flower for his lapel.



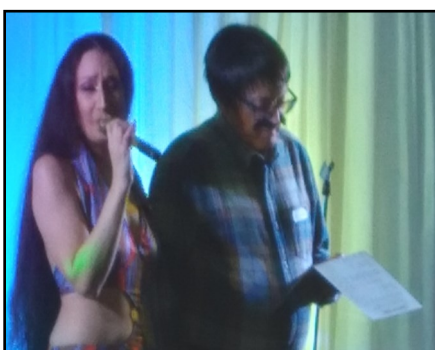
Elvis gave a soulful rendition of O!Canada. (Nice shoes)



President Roy Goodall brought greetings from the National Board.



There's that conga line again!



(above) Sonny makes surprise visit.

(left) Cher serenades diners.



As always, Newlands provided a tasteful venue and a delicious luncheon buffet



[federalretirees.ca](http://federalretirees.ca)  
[retraitesfederaux.ca](http://retraitesfederaux.ca)

Thank you...

To everyone who made the Branch Annual Meeting and 60th Anniversary celebration such a success...

To name just a few...

To Ilene and Sharon and Judy and Katherine for taking care of all the venue preparations, to Laurie and Thelma for guiding our guests, to Iconic Tributes (Ronnie and Marie and Cera) for being so generous with their time and talent, to Roy Goodall for reminding us of our collective history and the many successes we have to celebrate, to Newlands staff for their attention and professionalism, to Bernd who so meticulously took care of nominations and elections, to Charles Kettler for his photos (his are the clear ones; the fuzzy ones are mine), and to all of you who came out to help us turn back time...

Thank you!

All the best,

Ian Spence



## What next?



**Meet and Chat'** (informal coffee meeting) with hosts **Karin and Sten Christiansen** on Thursday, April 13th, 1—3 p.m. At the Centre for Active Living, 1475 Anderson Street, White Rock **Next to the Centennial Arena**).  
(Note: Pay Parking in effect: *this is White Rock*)

Coffee, tea and cookies (!!!) will be provided. The Branch has many members in South Surrey / White Rock, so we hope for a good turnout. But all members—and potential members - are welcome, of course.  
**RSVP by April 11th**, please to Ian at [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com) or 604-753-7845, so we know how many cookies to bake.

Also, **Mark your calendars** to 'Meet and Chat' on May 11th, and June 15th,

**If you have a friend who is eligible\*\*\* to be a member - whether they're still in service, recently-retired, or long-retired but just 'forgot' to join—bring that lucky person along!**

**\*\*Who is eligible?** Canadian Armed Forces and RCMP Veterans, Federal Public Servants and their spouses, partners or survivors - anyone who receives or contributes to a federal superannuation pension. You do not have to be retired to be a member of Federal Retirees!



**Barbecue and Branch General Meeting**  
Wednesday, July 19th  
Peace Arch Park

Keep an eye open for registration details.



### Health Benefits Officer (HBO)

Should you need any assistance getting information on the Public Service Health Care Plan, the Pensioners Dental Service Plan, or dealing with pension contact centers (Veterans Affairs Canada, RCMP Pension, etc.)

please contact our Health Benefits Officer:  
Glen (Rocky) Rockwell at 604-496-4426  
or email at [grockwell@shaw.ca](mailto:grockwell@shaw.ca)

## Presenting....for 2023 Your Fraser Valley West Branch board

President	Ian Spence (604) 753-7845
Vice President	Eric Ross
Secretary	Ilene Fika (Thelma Graham, alternate)
Treasurer	Rod Tondevold
Directors	Leslie Gaudette Joy Hennen Bernd Hirsekorn Katherine Kettler Arlene Johnston Judy McLellan Sharon Riches Glen (Rocky) Rockwell

email: [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)

SUPPORTING ACTIVE HEALTHY AGING

## 55+ Safety, Health and Wellness Forum



**Friday, April 28 | 9:30AM - 2:30PM**

Presentations will include: Virtual Health, launch of Surrey's Digital Technology Resource Hub, Financial Frauds, Semiahmoo Arts, Falls Prevention, Self-Management Program, Benefits of a Day Program, and much more!

**8:30AM** - Doors open, welcome refreshments, resource booths and Move for Life - Ability Circuit

South Surrey Recreation and Arts Centre  
14601 20 Avenue, Surrey  
For all 55+, caregivers and families.  
Wheelchair accessible.

✓ **FREE**  
✓ **Door Prizes**  
✓ **Complimentary Lunch**



**3 WAYS TO REGISTER**  
Registration #282358  
Register to secure your spot.

**BY PHONE** ☎ 604-501-5100  
MON-FRI 8:30am-4:30pm

**GO ONLINE** 🌐 [www.surrey.ca/register](http://www.surrey.ca/register)

**IN PERSON** 📍 At any City of Surrey Recreation Facility

✓ **FREE**  
✓ **Door Prizes**  
✓ **Complimentary Lunch**

surrey.ca/seniors 

### **Keep in touch!**

*If you need to update your membership info: Call Ian or email [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)*

Has your address changed? Ours has!  
Note our new postal box.

**National Association of Federal Retirees  
Fraser Valley West Branch  
PO Box 75022  
Surrey RPO White Rock, V4A 0B1**

Looking for volunteers NOW in White Rock, Surrey, Langley and Maple Ridge....Here's a chance to connect with others and make a valuable contribution by helping to document the experience of BC residents in long term care.



OFFICE OF THE  
**SENIORS** ADVOCATE  
BRITISH COLUMBIA

**VOLUNTEER  
WITH US!**

Join our team  
[surveybcseniors.org](https://surveybcseniors.org)

## Help shape the future for seniors in long-term care!

### WHAT ARE WE DOING?

- ▶ The Office of the Seniors Advocate is surveying every resident of long-term care in B.C. about their quality of life.

### HOW CAN YOU HELP?

- ▶ Join our dedicated team of volunteer surveyors to interview seniors living in long-term care about their experiences.

We need volunteers from across the province between Fall 2022 and Spring 2023.

### WANT TO LEARN MORE?

- ▶ To apply or learn more about becoming a volunteer surveyor, please visit: [surveybcseniors.org](https://surveybcseniors.org) or call us today at **1-877-952-3181**

[www.surveybcseniors.org](https://www.surveybcseniors.org)  
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