



BC 04
Branch Update (#6)
June 2023

NOTICE

General Meeting and Barbecue

Wednesday, July 19th

Peace Arch Park

Highway No. 99 and 1 Ave Surrey, BC V3S 9R6

Doors open at 11:00 a.m.

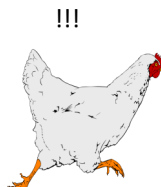
Meeting 11:30

followed by excellent Chicken barbecue
by Henry's Outdoor Barbecue.

\$20 Members \$20 Non-Members Bring a new member!

(Yes, Virginia, there is a veggie burger option!)

And, no doubt, there will be Special Anniversary Cake!



Mark your calendars...

'Meet and Chat' (informal coffee meeting)

Come out and meet the neighbours!

with hosts **Karin and Sten Christiansen**

on Thursday, June 15th, 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 June 13th, to Karin at kscortes@telus.net

604-531-0582 so we know how many cookies to bake.

Please mark your calendars, plan to attend and bring a friend!

Know anyone who is eligible to join Federal Retirees? **

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!

Registration by Eventbrite by July 12th, please! Here is the link:

[Summer General Meeting and BBQ Lunch Tickets, Wed, 19 Jul 2023 at 11:00 AM | Eventbrite](#)

or call Katherine at (778) 995-6136



Keep in touch! Call Ian (604) 753-7845 or email nafrbc04@gmail.com :

- To update your address or contact info
- To arrange a listing in the "in Memoriam" section in Sage magazine.

For questions about pensions and benefits, call Glen (Rocky) Rockwell at 604-496-4426 or email at grockwell@shaw.ca

All other directors may be reached via nafrbc04@gmail.com; Eric Scott, Vice President, Rod Tondevold, Treasurer, Ilene Fika/Thelma Graham, Secretary. Directors at Large: Leslie Gaudette, Joy Hennan, Bernd Hirsekorn, Arlene Johnston, Katherine Kettler, Judy McLellan, Sharon Richards.

Volunteers put faces to names at the Annual District meeting in Abbotsford

Volunteers from BC/Yukon’s 14 branches met and learned from each other for 2 days over May 16-18, at the Clarion Conference Centre in Abbotsford. This was the 2nd year Federal Retirees has used this highly-rated venue; kudos to Branch Services Co-ordinators Julie Spencer, Rick Devlieger, and Steve Sawchuk, who organized the event. The program included presentations from National Office staff on Advocacy, Marketing and Recruitment and Volunteer Engagement. National president Roy Goodall was on hand to anchor the Town Hall session on Thursday morning, along with District Directors, **Brian Strongman** and Michael Jolicoeur, and Advocacy Program Officer Renate Sutherland. Perhaps the highlight was the presentation on Wednesday morning, by BC Seniors Advocate, Isobel Mackenzie. As always, her analysis of opportunities and challenges for BC Seniors was quietly forceful and inarguably well-documented. Delegates were saddened to learn that Ms. Mackenzie is retiring after a decade of serving as BC’s first Seniors Advocate and a model for other jurisdictions across Canada. Wishing well to Isobel! Also best wishes to **Brian** who has served two full terms!



From our friends at the Langley Seniors Resources Society...

seniors week 2023

SCHEDULE

**FREE ACTIVITIES FOR SENIORS
JUNE 4-10**

**Celebrating Older Adults
& Our Many Contributions**

**Langley Senior
RESOURCES SOCIETY**

20605 51B Avenue, Langley | www.lsrss.ca
604-530-3020

**Open Monday - Friday,
9:00 am - 4:00 pm**

We envision a community in which seniors are supported and empowered to socialize, learn, and enjoy life.

From our friends at Semiahmoo Seniors Planning Table....

Urban Gardening 101 with A Rocha

Small Spaces & Mighty Microgreens

Do you have a garden plot, a balcony, a windowsill? Learn how to grow a green thumb and enjoy nutritious herbs, vegetables, and hassle-free microgreens at home, no matter how much space you have! This workshop is specifically designed for beginner gardeners, but all levels are welcome. Complimentary herb seedlings will be distributed and free lunch will be provided.

To register call (604)-541-8653 or email admin@comfortkeepersvancouver.ca

June 15 2023

1:00 pm to 3:00 pm
(Doors open at 1:00 pm)

Presented by: Semiahmoo Seniors Planning Table and A Rocha Canada

A ROCHA
CANADA
Environmental Stewardship

White Rock Community Centre
15154 Russel Avenue

Preventing / Preparing for An Infodemic

June 29, 2023 1:00 to 3:00 p.m.

White Rock Community Centre



An “Infodemic” is an information overload, where it can become difficult to distinguish reliable sources from those who are passing along misinformation from those who are actively spreading disinformation to promote an agenda. This presentation will help community members to distinguish between disinformation and misinformation, understand how an Infodemic is created and spread online, and how to apply critical thinking skills to prevent the spread of online disinformation and misinformation.

Cpl. Kerry Johnson has been with the RCMP for 16 years. She is currently assigned to the Federal Policing Prevention & Engagement Unit. Cpl. Johnson and her colleagues work to educate police and community in current crime trends, support RCMP outreach activities to raise awareness, build trust through partnerships, and ultimately to engage with Canadians to increase our resilience to criminality.

To register call (604)-541-8653 or email admin@comfortkeepersvancouver.ca.

