



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#7)
September 2023

A few notes from the president....

“Aging in Place” requires a plan... is the tagline for a panel discussion BC04 is hosting at the White Rock Community Centre on September 28th, 2023. The focus is on home support services—what resources are available from public health and community-based social services, how to access them, what are the eligibility criteria and income thresholds. We have invited representatives from Fraser Health, Brella Community Services and the United Way to join us and we hope the event will yield solid information to help you plan for the day when you or someone you love needs help to remain safely at home. The event will be open to the public and advertised through the networks of our friends at the Semiahmoo Seniors Planning Table, CARP and COSCO, so we are expecting a full house. Seating is limited, so reserve your spot early. See the poster on page 3 for details.



A big ‘thank you’ to all the volunteers who came together to make the annual barbecue—this year at Peace Arch Park - such a success. The weather was perfect and 70+ members and guests enjoyed good food (Henry’s Outdoor Barbecue) and great company. The 60th anniversary cake was fully-subscribed! (Okay, it could have been a little bigger.) We invited **Trevor Halford**, MLA for Surrey-White Rock to join us; building relationships with provincial politicians will be increasingly important as we continue to work toward development of a National Seniors Strategy. As it happened, July 19th was ‘decision day’ on the RCMP/Surrey Police Service question and Mr. Halford, having just attended the Solicitor-General’s briefing, was able to bring us the ‘late breaking news’.

He was also very generous with his time, answering our questions, in plenary and one-on-one.

JOY HENNEN

On a sad note, I have to advise that **Joy Hennen**, who served eight-plus years as our director of Membership Marketing, passed away unexpectedly on July 24th. A stroke survivor, Joy was determined to live life to the fullest every day. She was proud to be one of the “graduates” from the care home where she rehabilitated after her stroke. After her early retirement from Service Canada, she maintained her connections with the PSAC and promoted Federal Retirees at regional union meetings. She was a regular feature at the annual Labour Day picnic at Mill Lake in Abbotsford. She was also very proud of her daughter, Sarah and her grandson, Liam. The family is planning a celebration toward the end of September.



Joy sharing a smile at the 2022 barbecue in Williams Park

PICNIC PICS (Charles Kettler photos)



Outdoors at the barbecue—up front, Ian and Trevor Halford.



Trevor Halford waits for Ian to get to the point.



Leslie Gaudette (the blue dot) at the front of the hall—deiverring the COSCO news—general meeting, barbecue

PSAC—UHEW convention

Federal Retirees had an info table at the convention of the PSAC Union of Health and Environment Workers at the Hyatt Regency in Vancouver—August 15-16th. It was a great opportunity to connect with potential members who are still in the work force: “You Don’t Have To Be Retired...” Vancouver Branch volunteers staffed the booth on the 15th and BC04 volunteers Thelma Graham, Ilene Fika, Gloria Draper and Ian Spence took the Wednesday shift.



What’s this?



As part of the 60th anniversary celebration, in addition to the national volunteer appreciation awards, the District Directors were each given the opportunity to nominate a volunteer for particular recognition. Brian Strongman presented this award to Ian Spence at the Annual Meeting.

(Ian says ‘thank you’ to all who helped pad his resumé)



“Aging In Place” requires a plan...

...Where will you turn when you need help at home?

A panel discussion hosted by Federal Retirees (Fraser Valley West Branch)



WHEN?—THURSDAY,
SEPTEMBER 28TH
1-3 P.M.



WHERE?
WHITE ROCK
COMMUNITY CENTRE
15154 RUSSELL AVE



FREE BAG LUNCH WILL
BE PROVIDED!
FREE UNDERGROUND
PARKING

with a little help from our friends at

- Fraser Health
- Brella Community Services
- United Way
- Semiahmoo Seniors Planning Table
- CARP - Canadian Association of Retired Persons
- COSCO-BC—Council of Senior Citizens Organizations of BC

Registration required,

either by phone (Denice) at **604-538-5778**

by email to **dethomps@telus.net**

LIMITED SEATING. REGISTER EARLY!





Mark your calendars!



- September 28th, (Thursday) 1-3 p.m. **“Aging in Place” requires a plan**—panel discussion—White Rock Community Centre.
- October 1st (Saturday) – **National Seniors Day** – a.k.a International Day of Older Persons! Celebrate the seniors in your life!
- October 14th (Saturday) 11 a.m—4 p.m. **Seniors Show—Young at Heart— Tradeshow**—Redefining our aging years. at the Field House on the Langley Events Center grounds (Gate #8).
- November 11th (Saturday) – **Remembrance Day**
If you would like to lay a wreath on behalf of Federal Retirees (Crescent Beach, Surrey, Langley, Fort Langley), contact us!
- December 7th (Thursday) – **Branch General Meeting and Christmas luncheon**
Venue to be determined. (Stay tuned!)

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 send us a note at nafrbc04@gmail.com or call Ian at (604) 753-7845, and include your name and phone number for verification. Please note that SAGE is published quarterly and branch submissions are required several weeks in advance. Names received before the first week of October 2023 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

‘Designated’ volunteers

In order to comply with Canada Revenue Agency rules about how non-for-profit corporations spend their money, Federal Retirees keeps a list of branch volunteers in our national database. We can then reimburse volunteers on that list for expenses they incur when engaged in branch business and we can pay to support their training and development and attendance at Federal Retirees’ meetings. Bonus!! Branch volunteers automatically receive the monthly ‘Bulletin to Branches’ which gives a detailed national picture of the issues the Association is dealing with, and they gain access to the VIP—Volunteer Information Portal—an extensive catalogue of resources they can draw on to support their work as volunteers.

Okay, maybe it’s not your ambition to be the next District Director or National President, but even if your interest extends only to helping out now and then, staffing an information table or setting up a meeting, it’s worthwhile getting on the list so that we can try to make sure that volunteering doesn’t leave you out of pocket.

Note our new mailing address:

National Association of Federal Retirees
Fraser Valley West Branch
PO Box 75022

Fraser Valley West Branch board 2023

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

Keep in touch!

If you need to update your membership info:
 call Ian or email nafrbc04@gmail.com

If you have questions about 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