



National Association of Federal Retirees / Association nationale des retraités fédéraux  
FRASER VALLEY WEST

BC 04  
Branch Update (#9)  
November 2023

**NOTICE**

**General Meeting and Christmas Luncheon**

**Thursday, December 7th, 2023**

**Newlands Golf & Country Club  
21025 48<sup>th</sup> Avenue, Langley, BC V3A 3M3**



**Doors open at 11:00 a.m. Meeting 11:30**



**Tickets: \$35.00 for the 'Mistletoe Buffet'**

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

**Know someone who is eligible to join Federal Retirees? \*\* Bring that lucky person along!**

**Registration required, by Eventbrite by November 30<sup>th</sup>, please! Here is the link:**

<https://www.eventbrite.ca/e/christmas-buffet-and-general-meeting-tickets-741611348507?aff=oddtcreator>

(if you need assistance, call Katherine at 778 995-6136 )

**\*\*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!**

**Thank you!** To the volunteers who stepped up to staff our information table at the Senior's Expo on October 14th at the Langley Events Centre.

**November 11th**

This year Federal Retirees volunteers will be presenting wreaths at ceremonies in Langley



City, Fort Langley, White Rock and Crescent Beach **(Thank you, Arlene Johnston, Judy McLellan, Leslie Gaudette, Rod and Verda Tondevoid and Ian Spence).**

If you would like to pay respects on behalf of the Association at a ceremony in your neighbourhood, it may still not be too late (depending on when you are reading this). Call Ian at (604) 753-7845



The Expo featured dozens of business, agencies, and community organizations that serve the 'older adult' sector. The show was well-attended (Elvis was there), there was lots of interest, and a good number of people who visited our booth left with recruitment packages in their hands. Well done, and thanks! **Ilene Fika, Sharon Riches, Arlene Johnston, Bernd Hirsekorn and Leslie Gaudette!**

**‘ Meet and Chat ‘**  
a.k.a. coffee with Karin  
**Special Presentation**

## **Hanging up on Scams**

with Constable Chantal Sears,  
Community Response Officer  
White Rock RCMP.

Join us for coffee, tea, cookies and an *eye-opening* chat.

November 16th—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: \$2.25 all day ‘til midnight!)

**Seating limited** (Seriously...It’s a small room)

**Registration required**

(So Karin knows how many cookies to bake).

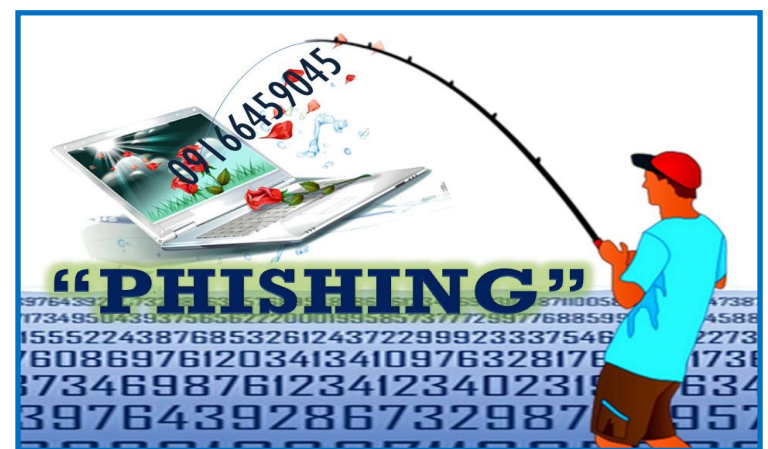
**RSVP today** to Karin

at [kscortes@icloud.com](mailto:kscortes@icloud.com) or 604-531-0582

**True fact: There are over 700  
Federal Retirees  
in South Surrey—White Rock.**

**Come out and meet the neighbours!**

All members are welcome, and if you know  
someone who is eligible for membership, bring  
that lucky person along.



### **Health Benefits Officer (HBO)**

If you need help 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)

### **Keep in touch!**

*If you need to update your membership info:  
Call Ian or email [nafrcb04@gmail.com](mailto:nafrcb04@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**

From our friends at the Semiahmoo Seniors Planning Table...  
Also on November 16th.... (Why does everything happen on the same day?)

# AVOID FRAILTY

## TAKE CONTROL

ACTIVITY	
VACCINATE	
OPTIMIZE MEDS	
INTERACT	
DIET & NUTRITION	

# PREVENT FRAILTY IN SENIORS

Prevention & Supports -  
Research Study Project  
OPPORTUNITY

## NOVEMBER 16, 2023

Time: 1:00 PM to 3:00 PM  
(Doors open at 1:00 PM)

Location: White Rock Community Center -  
15154 Russell Avenue, White Rock  
Free parking below off of Russell, City  
stalls as marked.



Registration: Free + lunch will be  
provided  
Register: 604-541-8653  
Email:  
[admin@comfortkeepersvancouver.ca](mailto:admin@comfortkeepersvancouver.ca)



Semiahmoo Seniors  
Planning Table

To play our part in  
protecting the  
environment, please  
bring your own  
refillable water bottles.  
Water fountains are  
available at the  
recreation centre



University  
of Victoria

Institute on Aging  
& Lifelong Health

Self-Management  
*British Columbia*



BRITISH  
COLUMBIA

Self-Management BC is supported by the Province of British Columbia



## Maybe it's time to book yourself a mini-holiday to get in the festive mood...?

Check out these great day trips organized by the **Langley Senior Resources Society**.

For full details, see "In the Loop" ( <https://lsrs.ca> ) their Guide to Programs and Services for Adults 50+

And spend a few more minutes perusing the wide variety of activities available—truly amazing!

You may just find what you've been looking for...



 **Langley Senior**  
RESOURCES SOCIETY

## Christmas at Hycroft Manor

Sunday, November 19 | 9:00 am - 4:45 pm  
Members: \$139 | Non-Members: \$159

You will love Christmas at Hycroft. All the nooks and crannies of this beautiful Edwardian Mansion are crammed full with local artisanal products and goodies for purchase. Lunch at the iconic Sylvia Hotel.

*Level: Easy*

**Package Includes**  
Café Calabria Coffee or Tea  
Admission to Christmas at Hycroft  
Lunch at the Sylvia Hotel  
English Bay Free Time

### *Harrison Lake Light Up*

Sunday, November 26

2:15 p.m.—9:30 p.m.

Members \$129 | Non-Members \$149

cancel/refund by November 14

#### **Package includes**

Hofstede's Country Barn Coffee & Pastry  
Harrison Lights by the Lake  
River's Edge Dinner

### *The Singing Christmas Tree*

Saturday, December 9

10:45—5:30 p.m.

Members \$119 | Non-Members \$139

cancel/refund by November 24

#### **Package includes**

Early Entry Broadway Church  
Singing Christmas Tree Festival  
3:00 p.m. performance  
Lunch at Sylvia Hotel

### *Butchart Gardens Christmas Lights*

Thursday, December 14

11:15 a.m.—9:30 p.m.

Members \$159 | Non-members \$179

cancel/refund by November 24

#### **Package includes**

Admission to Butchart Gardens  
Pacific Dinner Buffet, BC Ferries  
Sidney By The Sea

## Fraser Valley West Branch board (2023)

**President** Ian Spence (604) 753-7845

**Vice President** Eric Ross

**Secretary** Ilene Fika

**Treasurer** Rod Tondevold

**Directors** Leslie Gaudette

Thelma Graham

Bernd Hirsekorn

## Directors (cont'd)

Katherine Kettler

Arlene Johnston

Judy McLellan

Sharon Riches

Glen (Rocky) Rockwell

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

**website:**

[www.federalretirees.ca/fraservalleywest](http://www.federalretirees.ca/fraservalleywest)