

The OKANAGAN CENTRAL

Make a difference

Fall 2023

CENTRAL OKANAGAN UPDATE

Grab a pencil, your phone or your tablet and add this event to your calendar. Your



branch will host a
Christmas Luncheon with a difference on Saturday, December 9th at the Lakeview Heights

Baptist Church, 2630 Alhambra Road in West Kelowna.

Getting there is easy, plus the facility is wheelchair accessible and there is ample free onsite parking.

From Kelowna- You do have to cross the bridge. After that, turn left off Highway 97 at the second traffic light (Westlake Road). Immediately turn right onto Hudson road- the church is ahead of you on the left.

From Westbank Turn right at Westlake Road (Sonic Carwash) and turn right again onto Hudson Road- the church is ahead of you on the left.

Doors open at 11:30 with the luncheon to follow at 12:00 noon. We have a menu to satisfy the palate: Roast turkey, baked ham, dressing, fresh cranberries. Mashed Potatoes and gravy. Garden veggies, baked yams, coleslaw, buns plus coffee/tea and assorted sweets.



Back by popular demand is **Vic, The Fiddler and His Keys** who will

entertain and also get us singing songs of the season.



The usual 50-50 draw (3 tickets for \$2.00) will be held with the funds from the 50-50

draws held during the year going to support a less fortunate families at Christmas.

The Branch board gave careful consideration to the situation we have all experienced this year with wildfires and the economy, so this special event is being offered to members and potential members at the **STRESS RELIEVING PRICE OF \$18.00 PER PERSON.**

You can email us at centralokanagan@federalretirees.ca or call the office at (250) 712-6213. Provide us your name, phone number and the number of people attending. ***Tickets will be available for purchase at the Coffee Morning (see below) or you can pay for the tickets you order at the door. Reserve early as seating is limited.***

NOTE: The branch is obliged to pay for all meals ordered. Therefore, if you order tickets and do not attend, you will receive an invoice accordingly.

If you know someone who is retired or someone who is still an active federal employee or in the military or with the RCMP and eligible to be an Association member, invite them to come along too. Plan now to attend, we do look forward to seeing you there.

COFFEE PARTY – Orchard Park Mall

On **Wednesday, November 29th** the monthly Coffee Party will be held.



The **Coffee Party** starts at 10:10 am in the food court (Near the A&W) at Orchard Park Mall, 2271 Harvey Ave, Kelowna. Everyone is welcome and you will have an opportunity to meet old friends, make new friends and meet members of the Branch board.

GIVE A HELPING HAND

The branch will, once again this year, be assisting the Salvation Army's **Christmas Kettle Campaign**. We will host a kettle in Kelowna at the Capri Mall and in West Kelowna at the Food



Entrance of Wal Mart **on Saturday, November 25th. If you can spare a mere two hours to help us help them** raise those much needed funds, then I urge you to call the office and leave your name and phone number. One of our two coordinators will get back to you. If you are not able to help that day, please drop by one of the two locations that day and add a contribution to the kettle. Either way, YOU will “Make a Difference”.

BRANCH HAPPENINGS

Your branch has been busy “Making a Difference” for members by responding to *members questions, concerns and needs* be it information on where to obtain services, simply changing an address,

phone number or email address. As an aside, keeping this information up-to-date with the Association will ensure you don't miss notices, updates or the editions of the Okanagan Central.

We have responded to and have been able on occasion, to assist members with the myriad of transition issues from Sun Life to Canada Life as administrators of the Public Service Health Care Plan (PSHCP). In reviewing the situation, I am reminded of the response John Glenn gave in response to the question “What was the first thing that went through your mind when you blasted off the



launch pad”. John Glenn replied “The first thing that went through my mind was that the whole thing had been built by the lowest bidder.”

The Care and Concern Team has been keeping in touch with members' families and members who are experiencing health issues. If you are aware of a member in hospital, give the office a call (250) 712-6213 and give us their name.

This Branch has played a pivotal role in working with the “*Aging in Place*” *Research Cluster at the University of British Columbia Okanagan (UBCO)*. Through the branch efforts, the research cluster has done multiple surveys of members to garner a senior's perspective on the subject of aging. Later on in this edition, you will find a pictorial review of their research findings.

BRANCH HAPPENINGS- Cont'd

Helen Crabb, a member of the Branch board sits on the Advisory Committee to the UBCO research team.

BRANCH HAPPENINGS - Learning Experiences

Related to the research activities of UBCO, the Branch sponsored, in cooperation with the BC Retired Teachers, a LEARNING EXPERIENCE featuring Dr, Jennifer Jackobi, a lead researcher at UBCO and Ms. Isobel McKenzie, the Seniors Advocate of BC.

The event, held in June at the Lakeside Heights Baptist Church in West Kelowna, was well attended. Aging in place research findings and the status of longterm care in BC figured prominently in the two presentations plus in the follow-up question and answer segments.

Next up was a LEARNING EXPERIENCE with a twist. It was



dubbed a **Learn, Lunch and Bowl**. The event was held in early October at the McCurdy

Bowling Centre and Freddy's Brew Pub with the learning portion covering two topics, namely:

1. How to protect yourself from scammers and their attempts to separate you from your money and
2. How to SURF SAFE, not in Hawaii, but on the internet.

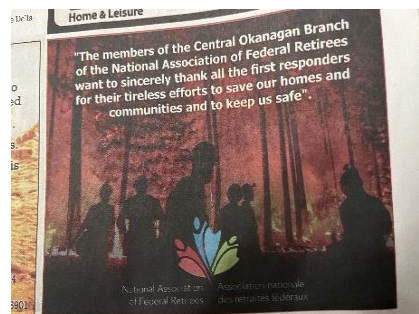


A Freddy's Brewpub lunch followed and to work off the effects of lunch, participants had a chance to bowl two games of 10 pin bowling.

It was obvious that a few, but not all players had done this before! The trophy got lost in transit so wasn't presented - I jest, but all participants enjoyed the event.

BRANCH HAPPENINGS - Recent Events

Unless you were on a trek through the African Jungle, you will be aware that the Central Okanagan did suffer through yet another devastating wildfire this past summer. While the Branch was limited in what we could do, we were able to provide members with information on how to contact Johnson Insurance (An Association National Partner) for information or to file a claim. Johnson Insurance, in return did contact some policy holders to enquire if they needed



assistance.

To say thanks to the fire crews and first responders, the Branch

ran an advertisement in the special wildfire supplement published in the local newspaper.

BRANCH HAPPENINGS –

Recent Events-Cont'd

November 11th is always a special day in the life of this branch and once again this year, we honoured our Veterans by running an advertisement of thanks in the local newspapers.

BRANCH HAPPENINGS –

What's Next

Work is currently underway to hold a proposed *MEET your MP* event before the end of the year. The two area MPs, Tracy Gray – Kelowna Lake Country and Dan Albas - Central Okanagan-Similkameen-Nicola have been invited and their offices are endeavouring to identify a mutually acceptable date. You will be advised.

THE SPECIAL CENTRAL OKANAGAN CHRISTMAS LUNCHEON is scheduled for December 9th. **Seating is limited so reserve your spot early.** See Page 1.

BRANCH HAPPENINGS –

You need to know.

The motto of this branch is “MAKE a Difference” for you the member and to the extent we can, in the communities in which we live. This Branch has been



doing that for over 50 years.

Therefore, the board believes you should be aware

that twenty percent (20%) of the dues you pay to this association is remitted back to your branch, the Central Okanagan Branch on a quarterly basis.

This branch receives approximately \$11,000 annually. This is the prime source of funds the branch has to operate and to make that difference. Therefore the Branch Board is continually exploring ways to do just that, make a difference and are always open to ideas and suggestions from YOU the member.

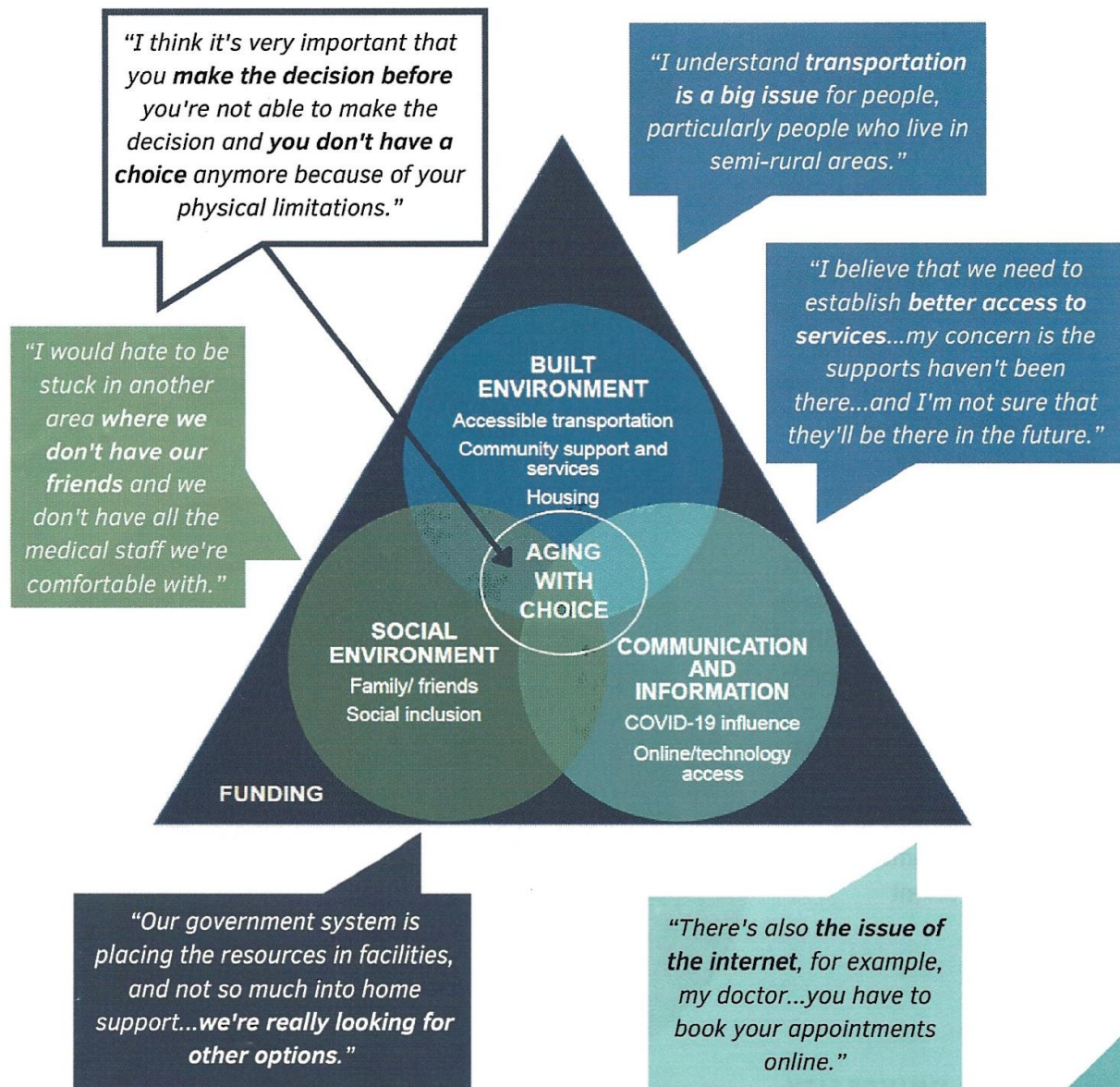
The other dimension to the continuing success of the Central Okanagan Branch is having a sufficient number of volunteers to be a member of the team or a team, whether it be helping with branch administration, communications, event planning and program implementation. The current Branch Board has a combined service record of well over 100 years with more than one of them over 80 years old. It is time for some younger members, like Daniela Evans who joined the Board this past year. Daniela brings her experiences, interest in supporting members and some new ideas to the Board. Why don't YOU consider joining Daniela and help revitalize the Branch while continuing the legacy of “Make a Difference”.

Don't want to commit to being a board member? You can join one of the branch teams such as the Event Team and help make members events a success.

Send an email to centralokanagan@federalretirees.ca or give the branch office a call (250) 712-6213 with a message asking for a board member to call you back or simply ask that Daniela call, you back.

Thematic Analysis

This figure shows the major themes that emerged in our study. *Aging with choice* was central to each theme and connected across all themes. Optimal choices become possible only when the built environment and the social environment are supportive of aging in place and when information on how to access those supports is readily available. All of these are influenced by the underlying funding landscape.



Download the full report at <https://aginginplace.ok.ubc.ca/resources/>

The Branch Board wishes you all season's greetings and wants to share with you two stories written by a Board member that may bring a smile.

A time to Remember.

It seems like only yesterday that we were springing forward and now it is nearly time to fall back; on the clock I mean. Yes, November is upon us and with it comes the annual Remembrance Day ritual – a time to remember.

A time to remember the sacrifices being made by our Canadian Troops in the many trouble spots around the globe and to pay tribute to the thousands of Canadians, young men and women who served with distinction overseas and oh so many who left their families, friends and sweethearts behind never to return. We shall not forget them.

I wanted to also pay tribute to another group of veterans, so to speak, namely the nearly 60,000 women who fell, not in battle but who fell for Canadian troops serving overseas and subsequently immigrated to Canada. They are known collectively as the War Brides. These brave young women left their homes and native lands to move to a distant and in most cases, unfamiliar country.

Awhile back, I met one such lady. She grew up in a small town in England and as a young girl had heard and even studied a bit about Canada but as she said, she never even dreamt that one day she would meet, fall in love and marry one of those handsome Canucks and spend the better part of her life right here in the Okanagan.

She said that when her Canuck asked for her hand in marriage and she accepted, there was never any question in her mind that the proposal also included relocating to Canada. She did add however that there were times during the arduous journey from Liverpool to Kelowna that she wondered just what she had gotten herself into.

She sailed from Liverpool on a troop ship along with hundreds of other “new Canadians”. She shared a small cabin with two other ladies and 3 children. The ship travelled in a convoy which meant going at a snail's pace as the convoy could only travel as fast as the slowest ship. After what seemed an eternity, the ship arrived in Halifax; they were processed by immigration officials and herded aboard a special train for the quick trip to Kelowna – would it ever end, how many days was that again? They stopped at every station along the line to let someone disembark in **trepidation** – no, that is not a small town in Saskatchewan, but it must have felt like it to many.

While some of us may have had similar experiences and memories, to many of us we can only imagine what it must have been like - disposable diapers, TV, CDs, DVDs, cellphones, e-mails, microwave ovens, prepared formula, jet planes - what are they?

I believe it is fitting, to pay tribute to all our veterans but also to this courageous group of ladies who forever changed the cultural and social fabric of our country. We're so glad you did and once again this year, I will wear my poppy with deep gratitude and extreme pride - **a time to remember.**

T'is The Season

I confess, I love the Christmas season, the decorations, the music, the warmth of the fireplace, family and friends. It also gives us a legitimate excuse to be kids again, if only in our dreams.

My mind always drifts back to my childhood in Montreal. I remember my mom bundling me up in my snowsuit, toque and mitts complete with the mandatory idiot strings running down the sleeves, in an effort to keep me and my mitts together long enough for us to become acquainted.

I remember taking the streetcar downtown to Ste. Catherine Street. I always sat right near the front so I could watch the driver's every move. I wanted to make sure I had it right for when my mother's old double boiler became my imaginary streetcar, and I traveled the routes of the city myself calling out the street names on the way.

We would leave early Saturday morning for the ride downtown, squeeze our way through the crowd to find the best vantage point to see the annual Eaton's Santa Claus parade; the clowns, the bands, the marching girls with twirling batons, the upside-down people, their imitation feet bobbing high in the air and their oversize heads swaying precariously close to the ground.

But most of all I remember the excitement starting to build as off in the distance you could see between the sea of heads, Santa's reindeer bobbing up and down like the horses on a carousel and you knew, the jolly old man himself was only minutes away. The cheer would travel down the street like a wave as Santa and his Ho Ho Ho's passed by.

I remember walking down the street passing the department stores that lined the street in those days, Simpson's, Ogilvy's, Morgan's and of course Eaton's.

Each store had their windows decorated, not with merchandise but with the sights and sounds of Christmas. The manger scene depicting the humble birth was there but so too was the miniature village complete with an electric train that chugged its way around a perfect little town.

Sugar plum fairies were present dancing around and around, their arms and legs being manoeuvred by nearly invisible wires driven by tiny motors hidden overhead. There were teddy bears galore, candles and bows to admire and big candy canes that looked so real.

A different song of the season emanating from every window: It seemed like magic - it was magic.

Merry Christmas to one and all.