



BC 04
Branch Update (#9)
December 2023

National Association of Federal Retirees / Association nationale des retraités fédéraux

FRASER VALLEY WEST

REMINDER... Register by November 30th, please!

General Meeting and Christmas Luncheon

Thursday, December 7th, 2023

Newlands Golf & Country Club
21025 48th Avenue, Langley, BC V3A 3M3
Doors open at 11:00 a.m. Meeting 11:30



Bonus!

Real People who can sing!!

Come enjoy traditional Carols
sung by the **Crescendo Quartet!**

Tickets: \$35.00 for

the 'Mistletoe Buffet'

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

Registration required, by Eventbrite by November 30th, 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)

Know someone 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!



Top 10 Tips

HOW TO DOWNSIZE
YOUR HOME

Downsizing and moving can be overwhelming, regardless of your age, and even harder for seniors and their families. This is an emotional time for everybody, but it is manageable and doable.

Take a deep breath and lets go.



REDUCE



REMOVE



RELOCATE

' Meet and Chat '

a.k.a. coffee with Karin

December 14th, 2023, 1-3 p.m.

Top Ten Tips on Downsizing

with Niki Rapanos, NKR Downsizing Solutions

Join us for coffee, tea, cookies and
a chat about how to come to terms with your stuff (right after the holidays).

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; RSVP today

to Karin at kscortes@icloud.com or 604-531-0582

' Meet and Chat ' - lessons learned November 16th

Twenty members turned out for the November 16th 'Meet and Chat', which featured a special presentation, **Hanging up on Scams** with Constable Chantal Sears, Community Response Office, White Rock RCMP.



Points covered in Constable Sears' presentation:

There has been a recent increase in believable telephone and internet scams that are victimizing local residents. The phone calls and emails have come in many different ways, with the suspects saying they are from a Visa credit card company, Amazon or your bank.

- If you receive a call or email do not give out any personal information to whoever you are speaking to. They may seem legitimate, however; if they are truly who they say they are, they have all your personal information already. Your bank, credit card and online accounts that you have set up already have your information.
- You will never be asked to be part of a sting to help a bank capture suspects, (that's the job of trained police investigators).
- You will never need to send crypto currency or Apple/i-tune gift cards EVER to help in our investigations. Police would never make any such request.
- If you are unsure if the phone call or email is legitimate, hang up and attend your bank in person and verify if they were trying to get hold of you.
- Amazon will never send you an unsolicited message that asks you to provide information or make a payment outside of their website
- Do not be afraid to say no and hang up. Do not provide information via emails. If you are unsure of whether you have received a fraudulent email, contact White Rock RCMP who will verify with you whether or not it is a fraud.
- If you have been a victim of a fraud and have sent money/gift cards, do not be embarrassed! Contact your local police department and make a report. In White Rock call 778-545-4800.

Constable Sears also highlighted community policing services such as **Crime Prevention Through Environmental Design (CPTED)**, a service that can give you an evaluation of changes you can make to the area around your house or building to reduce opportunities for crime, and **Neighbourhood Watch**, which can give you assurance that friendly eyes are watching your property while you're away. Contact your local police service for more information.

A valuable discussion! Thanks to Karin Christiansen and Judy McLellan for organizing it.



**CONTACT US FOR MORE
INFORMATION AND TO FIND A
MEN'S SHED NEAR YOU**

604-916-1718

www.bcmensshed.ca

For information about a new 'Men's Shed' being organized in White Rock or other Sheds in the Fraser Valley West area, please contact Rod Tondevold at rod.tondevold@gmail.com



A MEN'S SHED IS...

A Safe Place for Men

Members get together in a friendly, no pressure, respectful, and welcoming atmosphere. No skills are needed but you may share your talent.

A Gathering Place

Connection with other men provides the benefit of friendship and a way to distract from isolating thoughts and ailments. Working shoulder to shoulder provides satisfaction of being creative together.

About Community Service

A Men's Shed also collaborates with others, providing project based products or services to the community. Being productive is best enjoyed as a shared experience.



*Get in touch and find out how you
can be part of a fun and productive
way to gather and share
experiences!*

MP Meetings—2024 Pre-budget consultations

November 4th—Langley: Branch volunteers Arlene Johnston, Irma Brown, Bernd Hirsekorn and Ian Spence spent an informative and engaging half hour with **Cloverdale Langley City MP John Aldag** to reinforce the Association's recommendations for the 2024 federal budget. We are looking for the budget to include (among other things!) funding for implementation of national standards for long-term care, a national pharmacare program and a refundable tax credit for caregivers (among other things!) If you would like to be part of the conversations with your MP, contact Ian.



Volunteer Appreciation

November 6th—Hazelmead Golf & Tennis Club—20 branch volunteers gathered to celebrate their successes and to say a special 'thank you' to Stuart Wilson and Steve Sawchuk who stepped down from the board this year after many years of service in a variety of roles.



Ian congratulates Stuart Wilson, a branch member since 2006 and a board member since 2008 including 3 years as president 2008-2011.



Steve Sawchuk and Ilene Fika smile for the camera. Steve looked after our membership data for many years and he was the friendly voice on the phone when you needed help updating your info.

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

Keep in touch!

*If you need to update your membership info:
Call Ian or email 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

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 Katherine Kettler Arlene Johnston Judy McLellan Sharon Riches Glen (Rocky) Rockwell

email: nafrbc04@gmail.com

website:
www.federalretirees.ca/fraservalleywest