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Branch Update (#4)
April 2024

Notes from the 2024 Branch Annual Meeting, March 13th...

It was a relatively staid event (no Elvis, no Cher). People enjoyed the ambience and the pleasant aspect, looking out onto the green lawns and gardens. The president reviewed the highlights of 2023: the 60th anniversary celebration at Newlands, the return (after 3 years) to Peace Arch Park for the summer barbecue, the 'Aging in Place requires a plan...' panel on home support services that we organized and hosted in White Rock in September, the meetings with politicians and the other advocacy initiatives that focused on the need for improvements in home support services as a key element of a National Seniors' Strategy.

In 2024, the Branch's advocacy focus will be on the provincial election scheduled for October 19th. We plan to collaborate with Langley Seniors in Action (LSA) and the Langley Seniors Resource Society (LSRS) on two or three candidates' debates in Langley and we were pleased to have Paul Crump of LSA and Loretta Solomon of LSRS join us as our guests for lunch. We will also be looking to organize one or more meetings in White Rock/South Surrey.

The Treasurer reported on a year where we drew significantly on branch 'reserves' to fund 60th anniversary and advocacy events, thereby bringing our 'net equity' into line with the Association's guidelines for compliance with CRA rules for non-profit corporations.



2024 Fraser Valley West Branch board

(L-R) Rob Terris, Ian Spence (president), Ilene Fika (secretary), Bernd Hirsekorn, Eric Ross (vice-president), Arlene Johnstone, Rocky Rockwell, Rod Tondevold (treasurer) Judy McLellan. (not in the photo: Leslie Gaudette, Thelma Graham, Sharon Riches).

Bernd Hirsekorn conducted the 'elections'; the eleven returning members of the 2023 board were acclaimed and we were pleased that Rob Terris volunteered to join us on the board and complete the complement of twelve. Rob worked with Public Works after his military career and is active in the Tynehead Community Association and various City of Surrey 'Age Friendly' Community initiatives. Welcome, Rob!

After the business meeting adjourned, District Director, Michael Jolicoeur brought greetings from the National Board and Derek Peters of the Canadian Alliance of British Pensioners outlined his organization's goal of securing equity and indexation for UK pensioners residing in Canada. Derek's remarks served as a strong reminder of how important indexation is to preserving the value of your pension.

Many thanks to Arlene and Judy and Sharon who helped at reception and directing traffic, to Rod and Eric and Rocky for their reports, to Bernd for

leading us through the exercise of democracy, to Judy again for organizing the door prizes.

Special thanks to Ilene to the many hours she spends organizing the paperwork and her on-going efforts to keep branch procedures mostly legal.

Many thanks to the staff at Hazelmere Golf & Tennis Club who did such a great job of making us feel welcome.

“Meet and chat” in White Rock

a.k.a *Java with Judy and Friends...*

We have reserved the ‘Education Room’ at the *Centre for Active Living* in White Rock for ‘Meet ‘n Chat dates on

- April 17th,
- May 15th,
- June 19th.

(the 3rd Wednesday of the month)



Judy McLellan, Sharon Richards, Bernd Hirsekorn and Arlene Johnston are sharing hosting duties. There are over 700 Federal Retirees in South Surrey—White Rock. Come out and meet your neighbours. All members and **potential members** are welcome!

April 17th—1-3 p.m.

Special Guest speaker , Suzie Grant, Tour Consultant*



From seniordiscoverytours.ca

Senior Discovery Tours is the leader in escorted group travel for mature travellers over 55+ and is proudly Canadian-owned since 1975.

*Fine print: Presentation is for information only and does not imply an endorsement or ‘preferred partner’ arrangement with this vendor.

CENTRE FOR ACTIVE LIVING

1475 Anderson Street, White Rock (Next to the Centennial Arena).

(Note: All day parking is \$2.25)

Coffee, tea and cookies (!!!) will be served.

RSVP by April 12th, please to Judy at

judymichelle1@live.com

Or call Ian at 604-753-7845

So we know how many cookies to bake.

If you know a potential member—whether they’re still in service, recently-retired, or long-retired but just ‘forgot’ to join—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!

Mark your calendars!

Barbecue and Branch General Meeting

July 18, 2024

(Thursday)

Peace Arch Park

Hwy 99 & Beach Avenue
Surrey, BC



Watch for registration details in upcoming ‘Updates’ or on the branch web-site at www.federalretirees.ca fraservalleywest

LSRS

A burst sprinkler line in January caused a flood of much of the northwest side of the building, but the Langley Senior Resources Centre is (mostly) open for business with their amazing array of programs. Check out the latest edition of *In the Loop* on-line at [Langley Senior Resources Society \(Lsrs.ca\)](http://LangleySeniorResourcesociety(Lsrs.ca))

The many bus tours scheduled over the next couple of months (Cumberland! Skagit Valley! Milner Gardens! Saltspring!) may be of special interest to those of us needing our own ‘spring break’.



What's up with MEDOC?

—February 28th presentation



We had a full house at the Timm's Community Centre in Langley on Feb 28th. Thanks again to Lisa Hansen, Johnson Insurance Manager, Group Benefit Travel—Affinity Strategy, for the presentation. If you were unable to attend but would like the slides, drop us a note at nafrbc04@gmail.com.

In a follow-up email, a member (Jeff H.) asked *If we have a medical emergency either in another Province or outside Canada, is there a priority as to which insurer members should call first—MEDOC or Canada Life/MSH?*

Lisa Hansen replied: **It is best to call MEDOC first so the team can triage the need, advise of any nonmedical benefits that might be payable, and then warm transfer the call to MSH.**

Another member sent along (thanks Judy H!) a summary which sets out which plan—MEDOC or the PSHCP administered by Canada Life/MSH) - covers what in respect of a claim in the first 40 days of travel.

“The Public Service Health Care Plan (PSHCP), administered by Canada Life, and MEDOC Travel Insurance, administered by Johnson Insurance, are separate insurance companies. MEDOC Travel Insurance provides coverage for members of the National Association of Federal Retirees at a preferred rate. This coverage is separate from the coverage provided by the PSHCP.

“Your MEDOC Travel Insurance is a second payer plan. For this reason, any claims made within the first 40 days of travel (that do not exceed \$1 million) would not be covered by MEDOC but by the PSHCP.

MEDOC Travel Insurance would cover,

- within the first 40 days of travel
 - Trip Cancellation/Interruption claims
 - Emergency medical claims over \$1 million

and

- Emergency medical claims after the 40th day of travel”

(Thanks also to Arlene and Judy for helping with set-up and the essential coffee, tea and doughnuts!)

Another type of volunteer opportunity...

In the coming months, Federal Retirees will be looking for volunteers to come out and engage with candidates in the provincial election. But if politics (somehow) doesn't appeal, here's a different kind of opportunity you may want to consider. (Thanks, Nora T.)

Become a volunteer Nature House host at Campbell Valley Regional Park!

For more information or to fill out an application, go to www.metrovancouver.org and search “volunteering opportunities.”

No experience required – Training is provided and you'll always be paired with a seasoned co-host.

General job description

Nature House hosts play a vital role in helping visitors discover the rich natural and cultural history of Campbell Valley Regional Park. Visitors drop by the house to chat with hosts, get information, check out the displays, or look over the field guides. Hosts welcome visitors and invite them to explore new facets of the park, so that they leave with a new understanding of the park and an awareness of its many attractions.

Key duties

- Greet park visitors, answer questions, give out maps and brochures, and guide visitors to displays.
- Help visitors with the interpretive exhibits.
- Provide information about park features and facilities, and highlight park history and programs.

Preferred skills and experience

- An appreciation of nature, in particular Campbell Valley Regional Park, and an interest in exploring its potential
- Familiarity with the park and an interest in its history, natural features, and the many ways to enjoy the park.
- A sense of curiosity — about people and the park — and a desire to continue learning about the park.
- An outgoing personality: you enjoy meeting and talking to people.
- Willingness to work as a team.

Required commitment

- A minimum of three 3-hour shifts, from 1:00-4:00pm on a Saturday, Sunday, or holiday Monday, between the Victoria Day long weekend and Labour Day weekend.
 - Participation in an orientation session.
- New hosts will have at least one shift with experienced hosts.

Keep in touch!

For questions on health benefits, call Glen (**Rocky**) Rockwell at (604) 496-4426 or email grockwell@shaw.ca
If you need to update your membership info: call Ian at (604) 753-7845 or email nafrbc04@gmail.com

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

(It is—almost—never too late to work on reducing your carbon footprint.)



2:00 pm to 4:00 pm
Doors open at 2:00 pm

Thursday, April 18, 2024

Location: White Rock
Community Center

**15154 Russell Avenue,
White Rock**

Registration:
FREE - light refreshments
will be provided

To register: email
semi.seniors@gmail.com
or call 604-536-7686 and
leave message with name,
email address & phone
number.

About the event:

Join Trevor Crean, a fourth-generation Funeral Director & President of Heritage Gardens Cemetery who will share lessons he has learned over the years operating a family-owned start-up cemetery and where they hope to see the role of Cemeteries go in the future.



Heritage Gardens
EST. 2018