

Central Okanagan Happenings

Welcome to the Summer 2024 edition of "The Okanagan Central". Our Branch continues to thrive thanks to the support of volunteers and all our members.

BC/Yukon District Meeting in Abbotsford

In May, the BC/Yukon District conference was held in Abbotsford bringing all the Branch executive teams in BC and Yukon together. We heard directly from the National President Roy Goodall. Julie Spencer, who is a member of our Branch helped organize the event as the Branch Services Coordinator (Eastern BC). "Building a Stronger Association" Strategic Plan consultation document was reviewed. This is the high-level roadmap of where the National Board of Directors believes the Association should go if we are to become stronger and more influential in its defense of members' pensions and benefits. Guy Bird received the President's Commendation for his commitment to Volunteerism at this event.

AGM in West Kelowna

In April, the Annual General Meeting (AGM) was held in West Kelowna and we were pleased to have more than 35 members attend.

The formalities were followed by a light lunch provided by Happy-tizers. Apologies for our administrative oversight. A copy of the complete Branch financials are included in this issue.

BOARD OF DIRECTORS 2024-2025

President	Daniela Evans
Vice President	Guy Bird
Treasurer	Wayne McAlpine
Secretary	Edna Allwright
Communications	Guy Bird
Website	Beth Frank
Director at Large	Lorrie Brown
Director at Large	Lisa Cheswick
Director at Large	Julie Spencer
Volunteer (Visits)	Ethel Robidoux

The results of Board officers and directors election are presented above.

Looking ahead, we hope to offer this year face-to-face events such as learning experiences, community-related initiatives, luncheons and a summer picnic.

Thank you to Larry, Helen and Ethel for all their years of support and service on the Board.

Welcome to the Board Lorrie, Lisa and Julie!!

AMM in Gatineau

The Association held its Annual Members Meeting (AMM) this year in Gatineau, Quebec. Guy Bird attended on behalf of our Branch to vote on resolutions and discuss the Association's way forward in the next three years.

As well, our volunteers extraordinaire, Larry and Helen Crabb, received the Association's Annual **Collaboration Award** at the evening ceremonies.

Larry and Helen helped organize our members to raise funds for the Christmas Family and Salvation Army Kettle Campaign; Larry supported the introduction of the MEDWATCH program in Kelowna with community partners and its expansion in West Kelowna; and Helen represented the Branch on a committee with the UBCO Ageing in Place Research Cluster.

This dynamic duo has demonstrated the true meaning of making a difference for our members and for the community by working with different community partners to ensure support and needs for older adults and others are duly recognized.



Congratulations Larry & Helen!

Stay informed!

As well, our Branch wants our members to be aware of branch events so that we have an opportunity to get to know members in our area. Then let us know so you can continue receiving all the news and notices concerning your branch.

You can contact us by:

Phone: 250-712-6213

Email: centralokanagan@federalretirees.ca

Website: www.federalretirees.ca/centralokanagan

Membership & Advocacy

We value your membership! We want to hear from you! With BC provincial election around the corner as well as a federal election looming within the next year, the National Association of Federal Retirees

(NAFR) is one of the largest seniors' organizations in Canada and is represented on a number of advocacy groups lobbying for seniors' interests, benefits and services.

Did you know?

The national website, www.federalretirees.ca and the branch website are good sources of detailed membership information. You can make changes online. Alternatively, you can contact the national office at 1-855-304-4700 to:

- ✓ update your address
- ✓ renew your membership
- ✓ request a change to how your membership fees are paid - Direct Deduction at Source (DDS) or credit card
- ✓ manage your communication preferences
- ✓ download your complimentary digital copy of Sage Magazine and *You and Your Survivors*

Gatherings This Summer



Coffee at
Orchard Park Mall

On Wednesdays, **June 26th**, & **July 31st** join us for our monthly

Coffee Mornings starting at 10:05 am in the food court at Orchard Park Mall, 2271 Harvey Ave, Kelowna. Everyone is welcome to attend and you will have an opportunity to catch up, meet old friends, make new friends and chat with Board members.

Summer Picnic Plans – Save the Date!

Plans are underway for a Branch Summer Picnic in Kelowna, Sunday **August 25th** at Mission Creek Park. Stay tuned for more details!

We look forward to seeing you soon. Stay safe, stay healthy and have fun this summer!

Daniela Evans, President



Oh Canada Eh!

By Guy Bird

Canada's reputation as "the most beautiful and best country in the whole wide world" is well founded and I can prove it! Let's take a trip across this great land as Canada Day approaches. I hope you enjoy.

If you have ever listened to the sand squeak as you walk along the beach at Red Point Provincial Park in PEI and it dawns on you why they call them the White Barking Sands of Red Point; if you've toured through and sampled the homemade bread at the historic village of Kings Landing on the shores of the St. John River or rumbled across the Longest Covered Bridge (1282 feet long) that spans that same river in New Brunswick; if you have toured old Montreal in a horse drawn calèche or sat at a sidewalk café on St. Denis Street and enjoyed a Blanche de Chambly (that's a great beer in case you were wondering) while the rest of the world goes ambling by or drank sap directly from the bucket hanging on a Sugar Maple tree in the Eastern Townships of Quebec, then you will know what I mean.

If you have dared venture up, a way up the CN Tower or ridden the exterior elevator up the Seagram's Tower overlooking Niagara Falls; if you've stood in awe before the monument near Thunder Bay that marks the stopping point for Terry Fox and have taken a moment to reflect on the immense amount of courage this young man displayed.

If you have toured the Assiniboine Park Zoo or watched the Canada Day multi-cultural festival on the steps of the Legislature in Winnipeg or stood at the corner of Portage and Main in January when the

wind is howling and the bottom has fallen out of the thermometer (well maybe not) you will know of what I speak.

If you've driven through the rolling hills of northern Saskatchewan and wondered "are there really diamonds in them thar hills?" or dropped from the lush green fields into the infamous Badlands of Alberta with its unique geography and ancient tales to tell; if you've skied down the mountain side at Lake Louise and were awe inspired by the view; if you have stopped at the Spiral Tunnels and stared in disbelief as three big diesel locomotives roar past you in the foreground while way, yes way above you the tail end of that mammoth train has yet to fully disappear into the mountain, you will begin to nod - he's right.

If you inched your way across the Capilano Suspension Bridge and wondered how trees could ever grow that big or spent an evening at the Salmon House on the Hill in North Van where you will be treated to the best darned salmon I've ever tasted while soaking in the spectacular view of the Vancouver harbour or another glass of our now famous Okanagan wine you will know of what I speak.

If you have wandered around the artist galleries and studios or simply taken a stroll along the beach at Tofino or visited Gold Stream Park at salmon spawning time when the whole area smells like one big salmon can you will no doubt begin to agree that there's no place on earth like Canada. Oh yes we have a problem or two but they pale in comparison to those found elsewhere.

Oh Canada- We Stand on Guard for Thee.

Happy Birthday Canada - you are the greatest.

Branch Financial Statements

Balance Sheet – December 31, 2023

December 31, 2023	2022 Actual	2023 Actual
Assets -Chequing	\$ 322.10	\$ 3,839.77
Savings	\$ 500.14	\$ 0.00
Computer & Equipment	\$ 4.40	\$ 4.40
Investments-GICs	\$12,000.00	\$ 9,000.00
Assets- Other	\$ 3,012.25	\$ 3,154.18
Total Assets	\$15,838.89	\$15,998.35
Liabilities–Accts Payable	\$ 0.00	\$ 0.00
Liabilities-Future Year Fees	\$ 1,220.10	\$ 1,452.24
Net Assets	\$14,618.79	\$14,546.11
Earnings / Loss	\$ 7,288.38	\$ 72.68
Total Equity	\$14,618.97	\$14,546.11
Reserved Equity (RE) - Advocacy	\$ 2,500.00	\$ 2,500.00
RE - IT & Equipment	\$ 2205.85	\$ 2205.85
RE - Other	\$ 835.47	\$ 604.47
RE – Rental Facilities	\$ 1,850.00	\$ 1,850.00
RE - Special Events	\$ 2,850.00	\$ 1,695.85
Total Reserved Equity	\$ 10,241.32	\$ 8,856.17
Unreserved Equity	\$11,665.85	\$ 5,762.62
Earnings / Loss	\$ 7,288.38	\$ 72.68
Net Unreserved Equity	\$ 4,377.47	\$ 5,689.94
Total Equity	\$14,618.79	\$14,546.11

Earnings & Loss – December 31, 2023

Revenue / Expense Highlights	2022 Actual	2023 Actual
Charitable Fundraising	\$ 513.00	\$ 269.00
Fees - National (per capita & CC)	\$10,882.97	\$11,584.61
Interest	\$ 37.16	\$ 521.44
Total Revenue	\$10,970.96	\$11,873.91
Total Expenses	\$18,259.34	\$11,946.59
Earnings / Loss	\$ 7,288.38	\$ 72.68

Branch Budget 2024

Revenue	Actual 2023	Budget 2024
Charitable Fundraising – Donations	\$ 269.00	\$ 500.00
Donations (see Reg. 5.3)	\$ -269.00	
Fees – Adjustment	\$ -232.14	
Fees – National (per capita & CC fees)	\$ 11,584.61	\$ 12,000.00
Interest	\$ 521.44	\$ 500.00
Total Revenue	\$ 11,873.91	\$ 13,000.00
Total Expenses*	\$ 11,946.59	\$ 14,075.00
Earnings / Loss	\$ -72.68	\$ -1,075.00

*EXPENSES Highlights	Actual 2023	Budget 2024
Bank Charges	\$ 15.00	\$ 100.00
Branch AGM (Food/Bev)	\$ 422.20	\$ 800.00
Branch Governance	\$ 0.00	\$ 250.00
Info Sharing/Meetings	\$ 644.85	\$ 850.00
Recruitment Event	\$ 3,871.42	\$ 4,500.00
Recruit Event Sales	\$ -2,109.25	\$ 0.00
Volunteer Support/Engagement	\$ 1,758.53	\$ 1,800.00
Community Activities	\$ 2,300.49	\$ 1,500.00
Administration (Office Rental, Stationary, Postage/PO Box, Phone, Internet)	\$ 3,636.57	\$ 4,075.00
Tickets/Pins/Promotions	\$ 11.63	\$ 100.00
Misc (non-op)	\$ 10.00	\$ 100.00
Reserve Spend (non-Op)	\$ 1,385.15	\$ 0.00
Total Expenses	\$11,946.59	\$14,075.00
Earnings/ Loss	\$ -72.68	\$ -1,075.00