



National Association  
of Federal Retirees      Association nationale  
des retraités fédéraux

FRASER VALLEY WEST

BC 04  
Branch Update (#10)  
November 2024

## NOTICE

### General Meeting and Christmas Luncheon

Wednesday, December 11th, 2024

Morgan Creek Golf Club  
3500 Morgan Creek Way, Surrey, BC

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

Tickets: \$35.00 for  
the 'Canterbury Buffet'  
(Yes! It is vegetarian friendly!)

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:

[www.eventbrite.com/e/fraser-valley-west-branch-general-meeting-and-christmas-buffet-tickets-1044253910557?aff=oddtcreator](https://www.eventbrite.com/e/fraser-valley-west-branch-general-meeting-and-christmas-buffet-tickets-1044253910557?aff=oddtcreator)



**\*\*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!**

## November 11th



This year Federal Retirees volunteers will be laying wreaths at cenotaph ceremonies in Langley City, Fort Langley, Cloverdale, Port Kells, White Rock and Crescent Beach.

**(Thank you, Arlene Johnston, Leslie Gaudette, Thelma Graham, Judy McLellan, Rob and Andrea Terris, 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, let us know. (It is probably too late for this year, but give Ian a call at (604) 753-7845 to register your interest.)

## “Photo finish” in election race

Thanks to all the volunteers who helped at the All Candidates (well, ‘Some Candidates’) meetings in White Rock and Langley. It appears we may be looking at a rerun sooner than anyone would have thought.



Candidates in a pensive moment at the Town Hall in White Rock on September 12th (L-R) Darryll Walker (NDP), Haroon Gaffar (NDP Surrey South), Scott Kristjanson, (Green), and Trevor Halford (Conservative).



Andrew Mercier (NDP) and Petrina Arnason (Green) spoke to the issues at the Langley Willowbrook Meeting October 4th



Moderator, Frank Bucholtz and timekeeper, Leslie Gaudette, keep candidates on track at Langley Walnut Grove meeting October 7th. Carlos Suarez Rubio (Independent) is centre, and Megan Dykeman (NDP) is nearest the camera.



Volunteers take a bow with candidates at the Langley-Abbotsford meeting on October 9th.

Participating organizations included Langley Seniors in Action, Langley Senior Resources Society, Langley Community Services Society, Langley Meals on Wheels, Langley Hospice, Federal Retirees and COSCO.

Candidates (more or less in the centre of the photo), were Melissa Snazell (Green), Karen Long (Independent), Alex Joehl (Libertarian) and John Aldag (NDP).

**Notes:** Attendance varied: We had just under 100 at the White Rock meeting, 60+ at the Senior Resources Centre (Willowbrook) meeting, and 40+ at the Walnut Grove and Langley-Abbotsford meetings. Next time (soon?) we will review how we publicize the events with an aim to draw a bigger audience. But it was always interesting to see democracy in action. We regretted the joint decision of the Conservative candidates in the 3 Langley ridings not to participate in public meetings. Of course, all 3 won their races so perhaps that strategy worked for them... this time.

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

## DEMENTIA WORKSHOP

### Enhancing your visits with a person in long-term care



Providing a sense of comfort and social support are some of the ways to help a person in long-term care to adjust to their new environment. Explore visiting tips and activity ideas so you can make the most out of the visits. For caregivers.



#### WHERE

Whitecliff Retirement Home  
15501 16 Avenue  
South Surrey



#### WHEN

November 26  
Westview Room  
1:30 p.m. to 3:30 p.m.



#### REGISTRATION

Register at no cost through the First Link® Dementia Helpline at 1-800-936-6033 or through Whitecliff at 604-538-7227.

**\*Masks are optional.**

Learn more about safety protocols at [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety)

Alzheimer Society  
BRITISH COLUMBIA

First Link®  
YOUR LINK TO DEMENTIA SUPPORT

BRITISH COLUMBIA  
Ministry of Health

# Pensioners' Dental Services Plan

Reminder: Canada Life takes over administration of the plan effective November 1st. Members of the PDSP should have already received notification from Canada Life that positive enrolment has been completed for you. But you are still asked to review your information within your PDSP account and update it as necessary, paying close attention to

- Your banking information
- Your mailing address
- Your eligible dependant(s) (if applicable)
- Your preferred name (if it differs from your legal name)
- Your preferred method of communication.

**Important!** For your security, **banking information** was not pulled from other sources. If you would like to receive your claim reimbursement directly into your **bank** account, sign into your PDSP Member Services account through My Canada Life at Work under your profile to provide your direct deposit information.

If you do not set up **banking information** as per the instructions above, any reimbursements for claims will be made by cheque and mailed to the address Canada Life currently has on file.

## 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)

## New Year's resolution? (It's not too early)

Thinking about trying something new, or finding a new outlet for your incredible talents? Interested in photography? Or desktop publishing? Or event planning? Or advocacy—raising issues of concern with the folks who represent you in Victoria and Ottawa and City Hall? Maybe you know your way around social media?

We have room for you! *Please call Ian.*

## **Fraser Valley West Branch board (2024)**

**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)**

Arlene Johnston

Judy McLellan

Sharon Riches

Glen (Rocky) Rockwell

Rob Terris

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