



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#2)
February 2025

A note from the President...

Happy Valentine's Day! Now, with respect to this year's Branch Annual Meeting...

It's a little complicated (but we will figure it out!)...

The venue for this year's Branch Annual Meeting is the dining room at **Oceana Parc**, a first class retirement residence in uptown White Rock. We think you will enjoy the dining experience.

As a member of the Semiahmoo Seniors Planning Table, Oceana Parc offers their dining and meeting facilities (at attractive rates!) to corporate and non-profit groups serving seniors in the community.

A couple of small 'challenges'...

- 1) **Parking.** On-site parking is for residents only, but there are alternatives just a short walk away (see the map on page 2). Parking is **free** at the lot at the corner of Johnston Road and Russell Avenue, and we have **reserved** spots for our members on the lots of St. John's Presbyterian and the Elks Hall. To request a reserved spot, email nafrbc04@gmail.com 'Reserved Parking' or call Ian at 604-753-7845. There are a limited number of spaces, so reserve early, or plan ahead, to give yourself enough time to find other parking in the area, or if possible, use public transit.
- 2) **Payment**—Payment by Eventbrite is currently not available; they have had a system 'upgrade' that we are still trying to work out. National Office is on it. Meanwhile, to register for the meeting, email nafrbc04@gmail.com and we will put you on the list.

NOTICE

BRANCH ANNUAL MEETING

Thursday, March 13th 2025

**Salish Dining Room
Oceana Parc Retirement Residence
1575 George Street
White Rock, BC.**

Meeting 11:30 a.m. (doors open at 11:00 a.m.)

To conduct the Mandatory Business of the Branch:

- a) Approve the minutes of the 2024 Branch Annual Meeting;
- b) Receive the President's report;
- c) Receive the reviewed financial records for 2024;
- d) Receive the budget for the 2025 and financial forecast;
- e) Give the Board of Directors the authority to appoint a financial reviewer for 2025;
- f) Consider any proposals for amendment of the Branch bylaws (none this year);
- g) Conduct elections for the Branch board;
- h) Conduct other such business as may be properly brought before the meeting.

*Do you have a friend who is eligible**
to become a member?
Now is the time to bring that lucky person
along!*

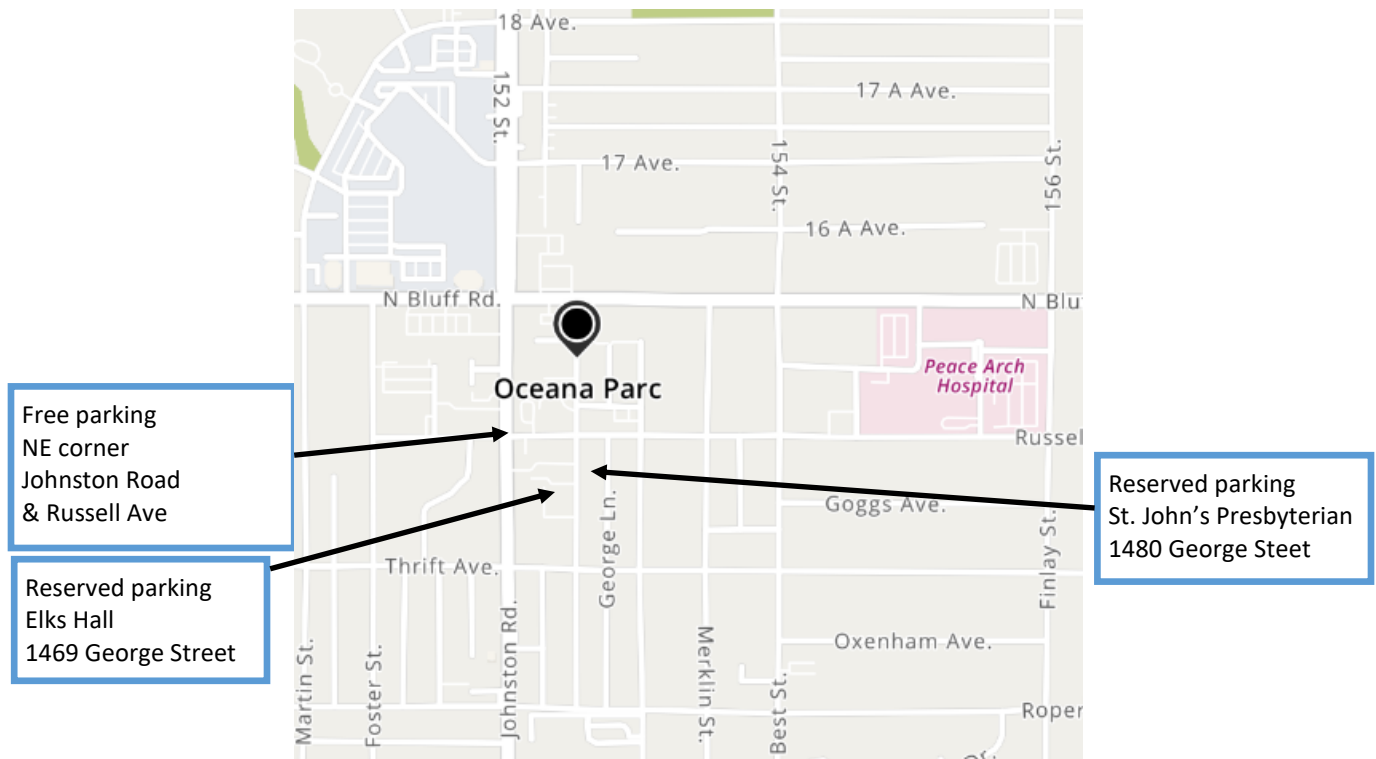
***Who is eligible? Canadian Armed Forces and RCMP
Veterans, Federal Public Servants and their spouses,
partners or survivors - anyone who receives or pays
into a federal superannuation pension. You do not
have to be retired to be a member of Federal Retirees!*

Buffet luncheon at 12:30—cost \$22.50 per person

Register by email: nafrbc04@gmail.com Payment details to come.

Oceana Park, 1575 George Street, White Rock

Parking nearby



Coming soon!... *"Meet and chat"* in White Rock

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

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

- April 16th (3rd Wednesday)
- May 14th (2nd Wednesday)
- June 11th (2nd Wednesday)

With **Judy McLellan** and **Sharon Riches** 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!

Judy and Sharon are planning to bring speakers in on the April and June dates, and an informal chat date in May.

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.



Mark your calendars! For more information or to RSVP, email Judy at judymichelle1@live.com

From our friends in the Semiahmoo Seniors Planning Table...



LOCAL MENTAL WELLNESS AND
INNOVATION HUB
Working with our Community to
Provide Local Resource Information and
Transform Community Mental Wellness
South Surrey | White Rock

COME GROW WITH US!

- Experienced facilitators
- **Monthly sessions at three locations with twelve different topics**
- Structured exercises with optional participation
 - Positive Psychology approach

Led by experienced facilitators, Together Community Cafes aim to create opportunities for community members to learn how to build supports, decrease isolation, and deepen connections.

The Cafes adopt a positive psychology approach which is the study of well being, happiness, satisfaction, and the ability to thrive in our day to day lives.

Together-SSWR is a collaborative and innovative collective to help transform mental wellness in our community.

We heard from the community that we need more safe social places to engage with others and enhance self-growth and connection. This project is the first of 3 community initiatives sponsored by the Peace Arch Hospital Foundation and in collaboration with our many volunteers including local residents, providers and organizations.

TOGETHER-SSWR COMMUNITY CAFE SERIES

Semiahmoo Library

1815 152 Street, Surrey
Second Thursday of the month,
6:30 pm to 8:00 pm

February 13th: Cultivating Connections
March 13th: The Power of Me
April 10th: Healthy Habits
May 8th: Recognizing Resiliency
June 12th: Mindful Moments
+ more to be announced

Laura's Coffee Corner

15259 Pacific Ave, White Rock
Third Monday of the month,
9:30 am to 11:00 am

January 20th: Recognizing Resiliency
February 17th: Mindful Moments
March 17th: Self Compassion
April 21st: The Sleep Advantage
May 19th: Decoding Emotions
June 16th: Effective Dialogue
July 21st: Deciding Yes, Defining No
August 18th: Uncovering Purpose and Meaning

White Rock Library

15342 Buena Vista Ave, White Rock
Fourth Saturday of the month
11:00 am to 12:30 pm

March 22nd: Cultivating Connections
April 26th: Inviting Joy
May 24th: The Power of Me
June 28th: Healthy Habits
July 26th: Recognizing Resiliency
August 23rd: Mindful Moments
+ more to be announced

Drop-Ins welcome, but seating is limited!

To reserve a seat please **RSVP by email to**
info@together-sswr.com or call 604.868.6841

Everyone is welcome!

From our friends at the

Langley Senior Resources Centre....

OPEN HOUSE

February 24th 11-1 pm

Come down and see what we have to offer! Cafe and Tuk shop open this day.



Bus Trips

T U E S D A Y
F E B R U A R Y 2 5

WILDLIFE
L I F E

PHOTOGRAPHER OF THE YEAR

7:15AM-7:30PM

Members \$139
Non-members \$159

Additional \$36 ferry fee for 64 years and under

The prestigious Wildlife Photographer of the Year exhibition is set to return to the Royal BC Museum in 2025 with 100 new incredible photos showcasing the best wildlife photography from around the world.

Langley Senior RESOURCES SOCIETY
Recreation and Resource Centre
20605 51st Avenue, Langley, BC Canada V3A 9W1
604-530-3020 | lrs.ca

PACKAGE INCLUDES:

- Royal BC Museum Admission
- Wildlife Photographer Of The Year Exhibit
- 2-course Lunch at Steamship Grill
- All Fees and Taxes

W E D N E S D A Y M A R C H 1 2

WESTMINSTER ABBEY

8:30 AM - 4:00 PM

Members \$129
Non-members \$149

WESTMINSTER ABBEY IS A BEAUTIFUL, PEACEFUL PLACE WITH MAGNIFICENT ARCHITECTURE AND STUNNING STAINED GLASS. SEE AND HEAR ABOUT THE MONKS UNIQUE WAY OF LIFE INCLUDING THE MIDDAY PRAYER. THIS TOUR INCLUDES A MORNING TOUR AND TASTING AT GOLDEN EARS CHEESECRAFTERS, LUNCH AT GREEK ISLANDS RESTAURANT AND AN AFTERNOON ICE CREAM CONE AT BIRCHWOOD DAIRY FARMS.

PACKAGE INCLUDES:

- WESTMINSTER ABBEY MONK GREETING
- MIDDAY PRAYER
- MONASTERY GROUNDS FREE TIME
- LUNCH GREEK ISLANDS RESTAURANT
- GOLDEN EARS CHEESECRAFTERS TOUR
- BIRCHWOOD DAIRY FARMS ICE CREAM CONE
- ALL FEES AND TAXES

Health Benefits Officer (HBO)

For assistance 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:

Glen (Rocky) Rockwell at 604-496-4426

or email grockwell@shaw.ca

Fraser Valley West Branch board (2024)

President	Ian Spence (604) 753-7845
Vice President	Eric Ross
Secretary	Ilene Fika
Treasurer	Rod Tondevoid
Directors	Leslie Gaudette Thelma Graham
	Bernd Hirsekorn Arlene Johnston
	Judy McLellan Sharon Riches
	Glen (Rocky) Rockwell Rob Terris

email: nafrbc04@gmail.com

website: federalretirees.ca/fraservalleywest