

BC 04
Branch Update (#5)
May 2024



National Association of Federal Retirees
Association nationale des retraités fédéraux
FRASER VALLEY WEST

Enjoy my day!

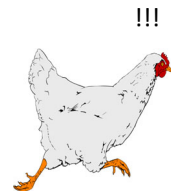


Meet you at the Peace Arch ... for the Summer General Meeting and Barbecue



Peace Arch Park
— Highway 99 at Beach Road
(turn right, just before the Duty Free)
Wednesday, July 18, 2024 11:30-2:30
(doors open at 11:00)

Featuring Henry's Outdoor Barbecue
— 1/2 chicken dinner
Yes! There is a veggie burger option!
\$25.00 per person



Bring a friend! Bring a potential member**

****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!

Registration by July 14th, please

Using the Eventbrite link below:

[Summer general meeting and barbecue Tickets, Thu, Jul 18, 2024 at 11:30 AM | Eventbrite](#)

If you need help with registration or to order the vegetarian option, email nafrbc04@gmail.com or call Ian at (604) 753-7845



MONDAY, JUNE 17, 2024
11:00 A.M. TO 3:00 P.M.
COAST LANGLEY CITY HOTEL & CONVENTION CENTRE
20393 Fraser Hwy., Langley, B.C.



Branch volunteers will be staffing an information table at the "Young at Heart" expo.
If you would like to help, call Iene at 778-990-8371

Senior Discovery Tours

Meet and Chat April 17th

Suzie Grant provided a lively and entertaining outline of Senior Discovery Tours services and packages, revving up the travel appetites of the 30 plus members who attended. Thanks to Sharon Riches and Judy McLellan for organizing (and all those who pitched in to help with rearranging the furniture!).

The next Meet and Chat—May 15th—No designated guest speaker—other than you! It will be a chance to reminisce about your career (no fact checking) and get to know your neighbours over a cup of coffee or tea. The cookies have also been getting excellent reviews.

Java with Judy and friends...



Wednesday, May 15, 2024—1-3 p.m.

Centre for Active Living

(a.k.a the White Rock curling rink),

1475 Anderson Street, White Rock

Next to the Centennial Arena).

(Note: Pay Parking \$2.25 all day)

RSVP by May 12th,

to Judy at judymichelle1@live.com

Or call Ian at (604) 753-7845 to reserve your cookie.

If you have a friend who is eligible to be a member - whether they're still in service, recently-retired, or long-retired but just 'forgot' to join—bring that lucky person along!**



Remaining engaged after retirement can be a challenge. Men's Sheds meet the challenge by providing space for men to socialize and work on meaningful projects.

The Peninsula Men's Shed, formed in January, is looking for a workspace in South Surrey-White Rock. (*What's in your garage?*) The group meets every Wednesday at 10 a.m. at Aspira Peninsula Retirement Living, at 2088 152 St. and the group is open to new members. The only requirements of membership are being respectful and following the safety rules, which will be laid out for new members at their first meeting.

For more information, contact Rod Tondevoid at rod.tondevoid@gmail.com.

There are also Men's Sheds in Langley and Maple Ridge.

Advocacy Update

2024 BC election - October 19, 2024

Plans are in the works to collaborate in election town halls in Langley City and Township, and South Surrey/White Rock. We will also be canvassing candidates for all parties in the 14 ridings that fall within Fraser Valley West branch boundaries. Redistribution has given us two new ridings—Langley-Walnut Grove and Surrey-Serpentine River—and changed the names and rejiggered the borders of several others. So it will be interesting to see where incumbents choose to run.

If electoral exercises cause your pulse to quicken, and if you want to help make an impression on the folks who want to represent you, give Ian a call or drop us a line at nafrbc04@gmail.com

Keep in touch!

For questions on health benefits or dealing with your pension office, call Glen (**Rocky**) Rockwell at (604) 496-4426 or email grockwell@shaw.ca

Call Ian (604) 753-7845 or email nafrbc04@gmail.com :

- To update your address or contact info
- To arrange a listing in the "in Memoriam" section in Sage magazine.