

BC 04  
Branch Update (#6)  
June 2024



### 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)

**Thursday, July 18, 2024**

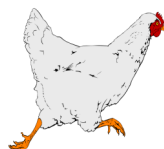
11:30-2:30 (doors open at 11:00)

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 for membership?**  
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 10th, 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](mailto:nafrbc04@gmail.com) or call Ian at (604) 753-7845

### Meet and chat!

You're invited to join us for our next "Java with Judy and Friends"  
Wednesday, June 19th,



With guest speaker **Karen Klein, ICBC road safety and community co-ordinator**, who will discuss **The Enhanced Road Assessment** and what you can expect, and how to prepare, if you are called for a re-examination road test. There will also be a refresher on rules of the road and pedestrian safety.

Coffee, tea and cookies will be served.

**Location:** Centre for Active Living, 1475 Anderson St., White Rock (a.k.a. the Curling Rink building, next to the Centennial Arena).



**Note:** All-day parking is \$2.25 Bring a friend! Bring a potential member!

**Meet and chat RSVP:** Please register by June 16th by contacting Judy by email at [judymichelle1@live.com](mailto:judymichelle1@live.com) or call Ian at (604) 753-7845 so we know how many cookies to bake.

Hope to see you on the 17th!

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



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.



## Virtual Pre-retirement seminars

The first of these seminars offered on 'Pacific Time', went off as planned April 8-11th, with 35 participants from BC, Alberta, NWT, Ontario, and Quebec. The course, normally compressed into two days, but in this case offered over four mornings, comprises sessions with certified pension presenter Melody Walz, Tradex financial services and The GERAS Centre for Aging Research.

**The course is designed to prepare federal employees to transition from work to retirement.** Some of the topics covered include your public service pension plan, financial planning, estate planning and living your best life in retirement.

The special introductory \$100 attendance fee includes course materials, a virtual 20-minute appointment with Melody Walz (Consultant) to gain some insight into the process of transitioning from federal public service employee to pensioner, and a financial assessment with Tradex.

**Be sure to share this invitation with any current federal employees or recent retirees you know because the cost of a one-year membership with the Association is included for all course participants who are not yet members!**

Each membership supports the Association's work to protect pensions and benefits for federal employees and retirees and gives members access to useful information and savings with our Preferred Partners.

### The collaborators

**Tradex** is an "at cost" financial services company established in 1960 and one of the Association's preferred partners. Tradex aims to provide current and former public servants, Canadian Forces, RCMP members and their families, trustworthy, professional financial advice and high-quality mutual funds and other investments at lower cost.

The **GERAS Centre for Aging Research** is part of Hamilton Health sciences and affiliated with McMaster University. Its mission is to make life better for older adults by bringing the best research to the frontlines of care as quickly as possible. The GERAS team are leaders in geriatric research, innovation and learning for the benefit of our community and the world.

**Melody Walz** has more than 25 years of experience in federal pay, pension and insurance benefits. She began providing pension seminars in 1989 and has delivered more than 140 sessions to date. Walz is a certified presenter with the Pension Centre, which has been a mandatory requirement by Public Services Procurement Canada since 2006.

The courses are popular and fill up fast. The next available dates, November 18-19 and December 9-10, are scheduled on 'Ottawa Time', but now we know it is possible to get the course offered on Pacific Time, if there is demand.

To register for a course, search 'Virtual pre-retirement course' on [www.federalretirees.ca](http://www.federalretirees.ca) or to get on a waiting list, send us a note at [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com) or email Josée Patry at National Office: [jpatry@federalretirees.ca](mailto:jpatry@federalretirees.ca)

## Celebrating Seniors—B.C. Seniors' Week 2024

In October 2002 a proclamation was declared in perpetuity that the first week of June every year shall be known as “Seniors’ Week”. This is a time to celebrate seniors and their many contributions – providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia. In 2024 Seniors’ Week runs June 2 – 8.

### THE LANGLEY SENIOR RESOURCES SOCIETY

...is celebrating BC Seniors Week with a program of events that runs Monday, June 3rd through to Friday, June 7th, starting off with a breakfast meeting with featured guests, **Dan Levitt**, the new **BC Seniors Advocate** and the mayors of Langley City and Langley Township. (Registration is required—see the poster for details.)



**Monday, June 3**  
**8:30 am - 10:00 am**



**Langley Senior**  
RESOURCES SOCIETY

Recreation and Resource Centre  
20605 51 B Avenue  
Langley, BC Canada V3A 9H1  
604-530-3020 | lsrs.ca

We're kicking off our week-long celebration of Langley seniors with a breakfast buffet and special guests, including

Newly appointed **BC Seniors Advocate Dan Levitt**,  
**Township of Langley Mayor Eric Woodward**,  
**City of Langley Mayor Nathan Pachal**,  
and other dignitaries.

Enjoy the Seniors Special **\$10 Breakfast Buffet**  
and be the first to view the new **LSRS promotional videos**.

**RESERVATIONS REQUIRED**

**CALL 604-530-3020**

for details.)

The kick-off breakfast is followed by The Monday Morning Talk Show (at 10:30), featuring **Megan Dykeman, the MLA for Langley**, who will address current government programs and priorities and her role as Parliamentary Secretary for non-profit organizations.

Tuesday morning features a workshop on **Advanced Care Planning**, facilitated by **Angela Elemens**, Palliative Support Co-ordinator with the **Langley Hospice Society**.

Wednesday morning offers an opportunity to **Walk with the Mayor—Langley City Mayor Nathan Pachal** from the Centre to Sendall Gardens.

Thursday includes a session on The **ICBC Enhanced Driver Assessment** (in case you can't make it to Java with Judy in White Rock on the 19th) and Friday offers another **Walk with the Mayor—this time Langley Township Mayor, Eric Woodward**., from the Centre to the Derek Doubleday Arboretum.

For a full listing of the events and activities planned throughout the week, check out “In the Loop” at [lsrs.ca](https://lsrs.ca)



# NATIONAL PUBLIC SERVICE WEEK

JUNE 9 TO 15, 2024

Thank you for serving  
Canada and Canadians



National Association  
of Federal Retirees

Association nationale  
des retraités fédéraux

## TOGETHER, we are strong

Visit [federalretirees.ca](http://federalretirees.ca) to learn more about the  
National Association of Federal Retirees.

**Fraser Valley West Branch**  
[nafrBC04@gmail.com](mailto: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](mailto:grockwell@shaw.ca)

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

to update your address or contact info, or to arrange a listing in the “in Memoriam” section in Sage magazine.