

BC 04  
Branch Update (#9)  
November 2020



*Hello, fellow BC04 Branch Members;*

### BC Election in Rear View Mirror

While the vote count will continue for some weeks, the result appears to be in doubt in only a handful of ridings across the province. A number of ridings in Surrey and Langley that have ‘traditionally’ been reliable Liberal seats went NDP on this occasion (see riding by riding results on page 3). Pundits are speculating that there may be permanent fracture in the coalition of centre right voters who have gathered under the BC Liberal umbrella for the past couple of decades.

Federal Retirees volunteers were active—getting letters to all candidates of the three major parties in the Fraser Valley West ridings. The Peace Arch News and The Langley Advance Times published our Letters to the Editor. And the virtual Town Hall on October 24th—jointly sponsored by Federal Retirees and COSCO (Council of Senior Citizens’ Organizations of BC) was an edifying and even entertaining event. Anne Kang (Burnaby-Deer Lake) represented the NDP, Mary Polak (Langley) was there for the Liberals, and Annemieke Holthuis (Victoria-Swan Lake) stepped in at the last minute to do a creditable job presenting the BC Greens’ platform. (Ms. Holthuis, incidentally, worked for the federal government for 30 years as a legal advisor on human rights issues and criminal law reform—and yes! she is a Federal Retiree.)

If you missed the event, you can find a recording on the national website, under the “News and Views” tab. Congratulations again to Leslie Gaudette, Advocacy Program Officer, and the national office team, for making this happen! And thanks to all the candidates—particularly the three who participated in the Town Hall—for their contribution and public service.



Anne Kang BC NDP



Mary Polak BC Liberals



Annemieke Holthuis BC Greens

## VIRTUAL CHATS —Join the conversation on Zoom!

### “Memory and Aging” 1 p.m. Thursday, November 12, 2020

The Council of Seniors Organizations of BC (COSCO) and their Seniors Health and Wellness Institute offer a number of on-line workshops. We have asked them to present their **Memory and Aging** workshop to Federal Retirees members at 1:00 pm on November 12th. This workshop explains how memory functions and how it changes as we age. You will receive tips for maintaining and improving memory, and information about when to seek professional help.

Please register by 10 November by emailing Ilene at [imfika@shaw.ca](mailto:imfika@shaw.ca)

(Please note: this is not a ‘hot link’: you will need to type in Ilene’s address).

You will then receive an invitation to join the Zoom presentation.

If you have no Zoom experience, be sure to ask Ilene to send you an easy-to-follow step-by-step guide on how to join a meeting. Hope to see you there!



**Mark your calendar!**

Also—Mark your calendar for the session on **“Coping with Covid at Christmas,”** on **Thurs, December 10th at 1 p.m.** with Carmela Smythe, “Bounce Back Coach/Team Lead”, with the Canadian Mental Health Association Vancouver- Fraser Branch. Stay tuned for details.

### Please let us know your preferences!

We are endeavoring to offer monthly opportunities to meet on line and participate in an educational experience. Some of the workshops offered by COSCO are listed below. Please tell us which sessions you would like to attend. and email your “Top Three” choices to Ilene [imfika@shaw.ca](mailto:imfika@shaw.ca). Your early response will be appreciated, so we can start planning!

- A. **Frauds and Scams** – Investigate ways in which fraudsters take in people in order to rob them of their money and possessions. Seniors are frequent victims, and need to be aware of how to protect themselves.
- B. **Hypertension** – Review the effects of high blood pressure. The presentation discusses the need to monitor blood pressure, treatment options and the importance of a prompt diagnosis.
- C. **Personal Planning Overview** – The wisdom of having a personal plan is discussed. We review the three legal documents you can use (Representation Agreements, Power of Attorney and Advance Directives) to express your wishes regarding personal care, certain financial matters and end of life care IF you are no longer able to speak for yourself.
- D. **Social Connectedness** – Loneliness and isolation are un-healthy. This presentation examines the social determinants of health and well-being. It helps participants determine the level of social connectedness they need and how to achieve it.
- E. **Navigating the Health Care System** - We review many of the available medical services and what you can expect from them. Effective communication between the patient and the health care provider is emphasized.
- F. **Safety in the Home** – Detailed checklist of potential dangers outside the home and in every room indoors are provided. We review fire hazards, medications and childproofing the home. We show safety devices and provide tips for effective renovations.

**Don't forget! Between Sept 1st and December 15th, any member who successfully refers a new prospective member to the Association will instantly receive a \$5 gift card and an official ballot for the \$10,000 grand prize draw. Check out all the great prizes available courtesy of our preferred partners, at [federalretirees.ca/mrd](https://federalretirees.ca/mrd) Refer a friend and do both of you a favour!**



<b>BC Election Results</b>	<b>As of October 26, 2020</b>		
<b>Delta North (80/81 polls)</b>	<b>Ravi Kahlon</b>	<b>NDP</b>	<b>8486</b>
	Jet Sunner	Liberal	5356
	Neema Manral	Green	1520
<b>Langley (91/92 polls)</b>	<b>Andrew Mercier</b>	<b>NDP</b>	<b>6460</b>
	Mary Polak	Liberal	5040
	Bill Masse	Green	1583
	Shelly Jan	Conservative	1392
<b>Langley East (111/112 polls)</b>	<b>Megan Dykeman</b>	<b>NDP</b>	<b>7937</b>
	Margaret Kunst	Liberal	7144
	Ryan Warawa	Conservative	2633
	Cheryl Wiens	Green	2393
	Alex Joehl	Libertarian	190
	Tara Reeve	Independent	172
<b>Maple Ridge-Mission (107/108)</b>	<b>Bob D'Eith</b>	<b>NDP</b>	<b>9693</b>
	Chelsea Meadus	Liberal	6388
	Matt Trenholm	Green	2057
<b>Maple Ridge-Pitt Meadows (98/99)</b>	<b>Lisa Beare</b>	<b>NDP</b>	<b>10,231</b>
	Cheryl Ashlie	Liberal	6523
<b>Surrey-Cloverdale (108/109 polls)</b>	<b>Mike Starchuk</b>	<b>NDP</b>	<b>7915</b>
	Marvin Hunt	Liberal	5672
	Rebecca Smith	Green	1415
	Aisha Bali	Conservative	663
	Marcella Williams	Independent	120
<b>Surrey-Fleetwood (93/94 polls)</b>	<b>Jagrup Brar</b>	<b>NDP</b>	<b>7695</b>
	Garry Thind	Liberal	4189
	Dean McGee	Green	1116
<b>Surrey-Green Timbers(62/63 polls)</b>	<b>Rachna Singh</b>	<b>NDP</b>	<b>5589</b>
	Dilraj Atwal	Liberal	4456
<b>Surrey-Guildford (81/82 polls)</b>	<b>Garry Begg</b>	<b>NDP</b>	<b>6866</b>
	Dave Hans	Liberal	3486
	Jodi Murphy	Green	895
	Samuel Kofait	Independent	247
<b>Surrey-Newton (62/63 polls)</b>	<b>Harry Bains</b>	<b>NDP</b>	<b>5830</b>
	Paul Boparai	Liberal	2814
	Asad Syed	Green	1026

## BC Election results (continued)

Surrey-Panorama (84/85 polls)	Jinny Sims	NDP	7967
	Gulzar Cheema	Liberal	6655
	Sophie Shrestha	BC Vision	352
Surrey South (99/100 polls)	Stephanie Cadieux	Liberal	7945
	Pauline Greaves	NDP	6728
	Tim Ibbotson	Green	1630
Surrey-Whalley (85/86 polls)	Bruce Ralston	NDP	7430
	Shaukat Khan	Liberal	3019
	Jag Bhandari	BC Vision	190
	Ryan Abbott	Communist	161
Surrey-White Rock (109/110 polls)	Trevor Halford	Liberal	6840
	Bryn Smith	NDP	6119
	Beverly (Pixie) Hobby	Green	2490
	Megan Knight	Independent	1108
	Jason Bax	Libertarian	349

## Remembrance Day 2020

A number of Legions will be streaming scaled-back Remembrance Day ceremonies this year. Wreaths will be presented on behalf of the Fraser Valley West Branch at ceremonies conducted by the Crescent Beach, White Rock, Surrey, Cloverdale and Langley Branches. The note below is from the RCL #008 Branch (White Rock) web-site:

**This Year's Remembrance Day Ceremonies will be a new adventure for our Legion due to the Covid 19 Pandemic. Since we will not be able to gather as a group at the Cenotaph we have partnered with [The City of White Rock](#) and the crew at [FlinnWest Solutions](#) to create and pre-record a Virtual Ceremony. All aspects of a traditional Ceremony will be there complete with the traditional songs, readings, wreaths, two minutes of silence, etc., only we can't be there in person. Once the video is completed, a link will be posted here for you to watch. Also, sadly, the Branch will be closed on November 11 due to the risk of overcrowding.**

## Your Branch board

President	Ian Spence	(604)753-7845	spence.ian@telus.net
Vice President	Ilene Fika	(604) 372-1109	imfika@shaw.ca
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**In Memoriam** — Federal Retirees' national magazine, SAGE, has an "In Memoriam" section to honour recently deceased members by listing their name and Branch. To have the name of your loved one included in the "In Memoriam" section, please contact **Steve Sawchuk** in writing (by mail or email). Please note that SAGE is published quarterly and branch submissions are required several weeks in advance. For the upcoming Winter issue, submissions are required by October 13th. In addition, If you would like to post a memory piece or photo on the [branch web-site](#), please contact us at [info@nafrfraservalleywest.ca](mailto:info@nafrfraservalleywest.ca)