



Happy New Year!



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#1)
January 2021

Hello, fellow BC 04 Branch members.

On behalf of the Branch Board of Directors, I extend our best wishes for your health and happiness in the New Year. Here's to "more fun in '21"!

Ian Spence
President, BC 04

Virtual "Meet and Chat"

Enhanced Road Assessment—Keys to Ace-ing that Driving Test

Thursday, January 14th, 1 p.m.



For many of us, the car remains key to our independence. At any age, a medical exam or a traffic ticket may lead to a requirement to take a driving test, a.k.a an 'Enhanced Road Assessment'. In BC, drivers are required to take an assessment when they reach the age of 80 and every 2 years thereafter. Join us on January 14th for a presentation by Karen Klein, an ICBC Road Safety and Community Co-ordinator, to learn what to expect and how to prepare. Even if you are years away from that magic age, you might pick up a few helpful tips and reminders.

And just for 'fun' you might want to try out the ICBC's practice written tests. Copying this link into your browser should get you there. [FREE ICBC Practice Test 2020 | Tests.ca](https://www.icbc.ca/Free-ICBC-Practice-Test-2020-Tests) But first you might want to prepare your ego for a gentle kick in the shins.

For your invitation to the 'Enhanced Road Assessment' presentation, email Ian at president@nafrfraservalleywest.ca (Please note, that is not a hotlink... you will need to type the address.)

Reach 338...

...is a national advocacy project with the objective of establishing relationships (or at least discussing our concerns) with Members of Parliament in all 338 federal ridings. We have 8 of those ridings within Fraser Valley West's boundaries. Why not make it a resolution to get to know your MP better in the New Year? Join our team of volunteers. Contact Ian or Ilene.

*Virtual 'Meet and Chat':***'Bounce Back' - from some common Covid side effects—low mood, anxiety, depression**

Feeling sluggish as we move into the New Year? And you suspect it's not just the turkey that's weighing on you? You might consider searching 'Bounce Back' on your e-device, or calling 1-866-639-0522. The 'Meet and Chat' session on December 10th featured a presentation on Coping with Covid, by Carmela Smythe, a 'Bounce Back Coach' with the Canadian Mental Health Association. Bounce Back is a program designed for people experiencing 'mild' to 'medium' depression (*I'll have mine 'mild', please!*) to help them express and gain insight into what they're feeling, and to try on behaviours and practices they can use to change their responses to stress.

There are three ways to access the Bounce Back program (all free of charge in BC):

- 1) **Bounce Back Coaching** (Copy this link into your browser: www.bouncebackbc.ca)
If you like having someone motivate and encourage you to reflect, the coaching program may be right for you. In up to six telephone sessions over three to six months, your coach will help keep you on track and offer support as you work through the program materials. You design your own program by selecting materials from 20 different modules. The program is free for BC residents but you will need a referral from a doctor or nurse practitioner, or you can self-refer on-line.
- 2) **Bounce Back Online** (www.bouncebackonline.ca) This on-line option is for folks who prefer to work independently. It gives you access to 20 modules that include workbooks, interactive worksheets and videos designed to help you overcome low-mood and worry. Set your own schedule and get the tools you need to help yourself.
- 3) **Bounce Back Video** (www.bouncebackvideo.ca) A good way to ease into the program, if you're not quite ready for the BounceBack® Coaching or Online. The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Farsi, Cantonese, Mandarin and Punjabi. Use this access code to register: **bbtodaybc**

Your mother probably would have told you to get up off that couch and go for a walk. Which is actually excellent advice. And it may be among the practical tips you will find in the Bounce Back box. Check it out!

Face to Face Meetings in 2021?

On December 2nd, 2020, the Association held its 2020 Annual Meeting of Members (i.e. the Branch presidents and the National Board) via Zoom, to complete the essential business required under the Canada Not-for-profit Corporations Act: approving the financial report and budget, appointing an auditor, conducting elections. Zoom and the electronic voting application proved adequate for those purposes but I don't think this 'success' will slow the stampede back to face-to-face meetings the minute they become possible. The newly-elected National Board met the following week and has directed that the Association will hold no face-to-face meetings before July 1st, 2021. So now we begin the process of figuring out when and how to hold the Branch AMM and thinking wistfully about a summer barbecue. August?

Your Branch board

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Past president	Bernd Hirsekorn		

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** by mail or email. Please note that SAGE is published quarterly and branch submissions are required several weeks in advance. Names received before January 8, 2021 will appear in the Spring 2021 issue. 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