

BC 04
Branch Update (#2)
February 2022



National Association
of Federal Retirees

Association nationale
des retraités fédéraux

FRASER VALLEY WEST



Hello, fellow BC 04 Branch members.

NOTICE OF MEETING

**The Branch Annual Meeting will be held a
on March 17th at 11:30 a.m.
at Newlands Golf & Country Club in Langley.**

(Or, at least, that's the plan. Please mark your calendar. We will confirm the in-person arrangements and the Eventbrite registration details in the next few weeks. Meanwhile, if you have questions, please email Ian at president@nafrfraservalleywest.ca)

Please plan to attend and please consider stepping forward to serve as a member of the board. **To place a name in nomination, contact Bernd Hirsekorn, who is once again (Thanks, Bernd!) serving as Chair of the Nominations Committee, at bh45jh@shaw.ca**

What goes on at those meetings, anyway...?

Important stuff!

By-laws 8.1.2 Agenda, Mandatory Business

At every Branch Annual Meeting, the Members assembled shall:

- a) Approve a record of proceedings of the last Branch Annual Meeting and any Special Branch Meetings;
- b) Receive a report from the President concerning the activities of the Branch board since the previous meeting and outlining the plans and priorities for the current and following year;
- c) Receive the reviewed financial records for the previous financial year;
- d) Receive the budget for the current year and forecast for the next fiscal year [including the "reserve" funds for specific non-recurring expenses];
- e) Give the Board of Directors the authority to appoint a reviewer for the current financial year. The auditor shall NOT be a member of the Branch board or executive;
- f) Consider any proposals for amendment of the Branch by-laws, notice of which was included in the notice for the meeting.
- g) Conduct elections for the Branch board;
- h) Conduct other such business as may be properly brought before the meeting.

**HELP
WANTED**

Come on board!

The Branch Board is looking for talented, enthusiastic individuals just like you to help with the stuff that keeps the Branch running so that we can host events for our members and carry the Association's advocacy message to your MPs and MLAs. All Board positions are for a one-year term. In addition to President, Vice-President, Secretary and Treasurer, there are up to eight Directors, some of whom have the lead in specific portfolios such as Membership Administration and Membership Recruitment.

All positions are open and this year we are particularly looking for a **Treasurer** as Stuart Wilson has given notice of his intention to step away from the board (after many years of yeoman service in multiple jobs!) as he hopes to be able to travel in 2022. For the treasurer's job, some computer skills are required but you do NOT have to be an accountant. You would have lots of support from local volunteers and from National Office to help you ~~ook~~ balance the books! If numbers are not your thing, maybe you would like to help write the newsletter (please!) or work on the Branch web-site or host an occasional coffee meeting or organize a speaker event or liaise with your MP's constituency assistant...? As you can see, there are opportunities galore!

Contact Bernd. We would love to have you join us.

Resident of Surrey?

Your City Wants to Hear from You!

Connecting Seniors to Technology survey

The City of Surrey has launched a survey to gain insight on the experiences, capabilities and barriers that exist within the seniors' community when they (we) use technology or digital services.

Participating in the survey will give seniors (and their caregivers) the opportunity to express their level of comfort with technology and help shape the development of programs and resources that will support 'digital inclusion', increase community engagement and reduce social isolation. It will also elevate awareness and improve access to online resources that are already available for seniors.

And you could win a prize! Take part in survey' for a chance to win a \$100 gift card. Just search 'Connecting Seniors to Technology survey' and that should take you there.

The survey is open until February 20th.

Surrey's Age Friendly Strategy

The Technology Survey feeds into Surrey's Age Friendly Strategy, which has been developed to provide "a clear path forward for ensuring Surrey's seniors are active and fully engaged". (How are they doing so far?)

The Strategy focuses on four key outcomes:

- Safety, Health and Wellness – aiming to ensure that seniors are active and engaged in their community and that practices are in place to combat isolation.
- Transportation and Mobility – access to a range of safe, convenient and affordable transportation options for seniors.
- Home –access to affordable and appropriate housing and the support necessary to remain as independent as possible.
- "Building and Outdoor Spaces" – access to public places, outdoor spaces and buildings that are designed to be welcoming, safe and accessible for seniors.

Surrey hosted the inaugural UWLM (United Way Lower Mainland) Provincial Healthy Aging Conference in 2017. The 3rd conference, the Provincial Summit on Aging, is coming up, April 26-29 in Richmond.

Summit on Aging

Check out bc.healthyagingcore.ca One session will focus on approaches other provinces and countries are taking to promote aging in place. e.g The Frome project in the U.K. where medical practitioners are practicing "social prescribing", connecting patients to community supports to improve health and wellbeing. Sound interesting? If you think you might like to attend the conference virtually or in-person, the Branch may be able to sponsor a few more delegates. Contact Ian (before March 15th) to discuss.

TIM We were sad to receive notice from his family that Tim Knight passed away on November 11th. Tim was elected to the Board in March 2020 and served as Secretary until he had to withdraw for health reasons in early 2021. In the few months of our time together, we came to value Tim's gentle energy, his work ethic and his humour. Our condolences to Gerri and the family.

Keep in touch! If you need help updating your membership info—change of address, etc. - contact Steve!

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