



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#4)
April 2022

Hello, fellow BC 04 Branch members.

2022 Branch Annual Meeting

Yes, there *were* technical challenges—our zoom connection created interference with Newlands' excellent sound system. Apologies to those on-line and in the room, whose audio reception was affected by the feedback. Thank you for bearing with us as we learn. (Phew).

But the essential business got done! We had 43 members in-person and 3 on-line (for a while). We were pleased to welcome a new member to the Branch board, and we were grateful that executive members have agreed to stay on for another term. Both Stuart Wilson (Treasurer) and Thelma Graham (Secretary) had signalled a desire to step back, but for the time being they will carry on and will gladly mentor volunteers who aspire to serve in their place! With many board members hoping to take up travel again under the less restrictive Pandemic Rules, we plan to assign financial signing authority to two additional directors to make sure there will be someone around to sign a cheque or contract when needed.

The 2021 financial records passed muster (Verna Sandison again served as our financial reviewer—thank you!) and the branch is in excellent financial shape as we move forward with plans for 2022. Thanks, everyone!

Introducing Greta!

Greta Rickenbacher is the newest member of the BC04 Branch Board. We asked her for a few words about herself...

"I joined FSNA in Chilliwack in 2007 while still employed as an Enforcement Officer with Canada Revenue Agency (CRA). I later transferred to Fraser Valley West. I retired April 2020 after 21 years of service. I spent 20 of those years volunteering and continue to volunteer in the Community Volunteer Income Tax Program (CVITP). I was nominated for the "Award of Excellence" in Canada as a CVITP volunteer (I was a finalist). I have prepared more than 1000 Free Income Tax Returns for the disabled, low income, seniors and homeless citizens in 100 Mile House, Bridge Lake, Burnaby, and Chilliwack."

We welcome Greta's experience and obvious commitment to community service!

'She of Many Hats'

'She of Many Hats' could be a fitting nickname for Leslie Gaudette, who was wearing two of her hats at the Branch Annual Meeting on March 17th: her oversized sparkly green St. Patrick's Day hat and her Federal Retirees' APO (Advocacy Program Officer) hat. And as we told you last month, she recently acquired a new hat as President of COSCO (Council of Senior Citizens Organizations of BC).



Wearing her APO hat, Leslie reported highlights of the Association's advocacy initiatives over the past year, including our participation in 2021 federal election events.

BC continues to make good progress in reaching the goal of the Association's 'Reach 338' strategy: establishing connections between Branches and their Members of Parliament. But recently we tried something a little different: a virtual meeting between Association representatives and the whole Pacific Region Liberal Party Caucus. It had been suggested that it would be more efficient and 'impactful' (*if that's a word, sounds painful*) to raise our priorities with multiple MPs all in the (virtual) room at once. Nine of BC's 15 Liberal MPs were represented at the Feb 23rd meeting; it went well and is a model Federal Retirees will attempt to replicate with other parties and in other regions.

Under the heading **Advocacy Moving Forward**, Leslie underscored the need for a plan to engage provincial politicians, particularly as the federal government attempts to move forward on initiatives to fix long term care and expand health care coverage to include pharmacare (and, recently, dental care), all areas of provincial jurisdiction. We can also expect to see more emphasis on building relationships with provincial and local seniors' organizations, to create synergies (*remember those?*) and amplify our message to politicians at all levels. When Leslie puts on her COSCO hat, she will be well-positioned to help us move forward on making the necessary connections.

But maybe, as well as the hat, she could use a pair of boots..."made for walking"...to quote an old song.

Great work, Leslie! (*Ready, boots?*)

4/20 in BC...

Don't forget the webinar on Pharmacare, scheduled (entirely coincidentally) to take place at 4 pm (PDT) on April 20th. This is a Federal Retirees (national) collaboration with Walrus magazine.

In case you missed the blurb and the invitation: "Canada is the only country in the world with a universal health-care system that does not provide universal prescription drug coverage. This lack of coverage impacts our economy, health-care and long-term-care sectors and the everyday lives of many. [The pandemic has highlighted flaws in our existing approach.](#) With the federal government's recent commitment to developing the Canada Pharmacare Act, how do we move towards a more affordable, accessible and consistent prescription drug program across all provinces and territories?"

"The Walrus Talks at Home: Pharmacare will bring together four experts to share their insights on our current system's challenges and discuss the logistics and impact of what could be possible. The webinar will feature Dr. Steve Morgan, professor with the School of Population and Public Health at the University of British Columbia; Linda Silas, president of the Canadian Federation of Nurses Unions; Dr. Samir Sinha, director of health policy research at the National Institute on Ageing and Dr. Durhane Wong-Rieger, president and CEO of the Canadian Organization for Rare Disorders."

Find the Eventbrite link under "News and Events" at www.federalretirees.ca.

Barbecue blues

We have learned that the pavilion at Peace Arch Park, our usual venue for the barbecue in July, will NOT be available for events this summer. So...The hunt is on for another venue! Preferably with barbecue pit (Henry's Outdoor BBQ has survived the pandemic!)

If you know the perfect place, fire an email to Katherine!



60th anniversary

We are turning our frazzled minds to the fact that in 2023, we will be marking the 60th anniversary of the founding of the Federal Superannuates National Association in 1963, by Fred Whitehouse in Victoria, BC. What shall we do to celebrate? Suggestions, please!

Langley Senior Resources—Serving the Community

Maintaining social connection is an important key to maintaining health and independence. We invited Anthony Kupferschmidt, Executive Director, Langley Seniors Resources Society to the Branch Annual Meeting to tell us about the amazing array of services that the Society offers older adults in our community at the Resources Centre and Adult Day Care locations. We gave him only 15 minutes to speak before lunch, but he managed to pack a lot of information (and passion!) into that time.

LSRS offers **social, recreational, and educational programs**, including special events and bus trips. There is a café and commercial kitchen and various recreational spaces and meeting rooms including a snooker room and computer lab. The centre periodically offers clinics for foot care, hearing health, legal advice, falls prevention, and seasonal flu shots.

The **Adult Day Care program** offers specialized care and recreation for adults with physical and/or cognitive limitations. A hot lunch and snacks are offered; a bathing service is available, and there are support groups for caregivers.

LSRS' **outreach services** (part of the Better at Home program) include transportation to and from appointments; grocery shopping and delivery, light housekeeping, and friendly visiting.

Anthony was particularly excited about a new initiative, "**social prescribing**", under development in partnership with Langley Seniors in Action. Social prescribing is an approach that empowers primary care providers (your doctor) to connect people to community support services and activities to improve health and well-being. Just as a doctor prescribes medication to treat illness or writes a referral for a specialist to assess a specific ailment, a doctor may also write a referral to a "social prescriber" for a patient who may be having social issues – feeling isolated or struggling to take care of themselves.

Social prescribing is a means to promote physical activity, nutrition, social connection, and independence, to help people take control of their own health and become more engaged in their communities.

Thank you Anthony, for a great presentation, and your leadership in Langley!

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

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