



BC 04
Branch Update (#3)
March 2025



Reminder! RSVP by March 6th, 2025



NOTICE

BRANCH ANNUAL MEETING

Thursday, March 13th 2025



**Salish Dining Room
Oceana Parc
Retirement Residence
1575 George Street,
White Rock, BC.**

Meeting 11:30 a.m. (doors open at 11:00 a.m.)

To conduct the Mandatory Business of the Branch:

- Approve the minutes of the 2024 Branch Annual Meeting;
- Receive the President's report;
- Receive the reviewed financial records for 2024;
- Receive the budget proposed for 2025;
- Authorize the Board of Directors to appoint a financial reviewer for 2025;
- Consider any proposals for amendment of the Branch bylaws (none this year);
- Conduct elections for the Branch board;
- Conduct other such business as may be properly brought before the meeting.

Do you have a friend who is eligible to become a member?
Now is the time to bring that lucky person along!

****Who is eligible?**
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!

**Special guest speaker
White Rock Mayor
Megan Knight**

The business meeting will be followed by a buffet luncheon:
a gourmet selection of entrees, salads, sandwiches and desserts.

Cost: \$22.50 per person.
Purchase by e-transfer to nafrbc04@gmail.com .
You may also pay at the door by cheque (preferred) or cash.

RSVP required by March 6th, please! Email nafrbc04@gmail.com or call Ian at (604) 753-7845

Parking—is not available on-site. See page 2 for a map and directions for some of the options.

If you require reserved parking, or if you have any special seating requests, or special dietary concerns, please send a note to nafrbc04@gmail.com and we will see what we can do to accommodate you!



Special guest speaker

We have invited the Mayor to speak to us about what White Rock is doing to become (even more) an 'age friendly' community.



Mayor Megan Knight

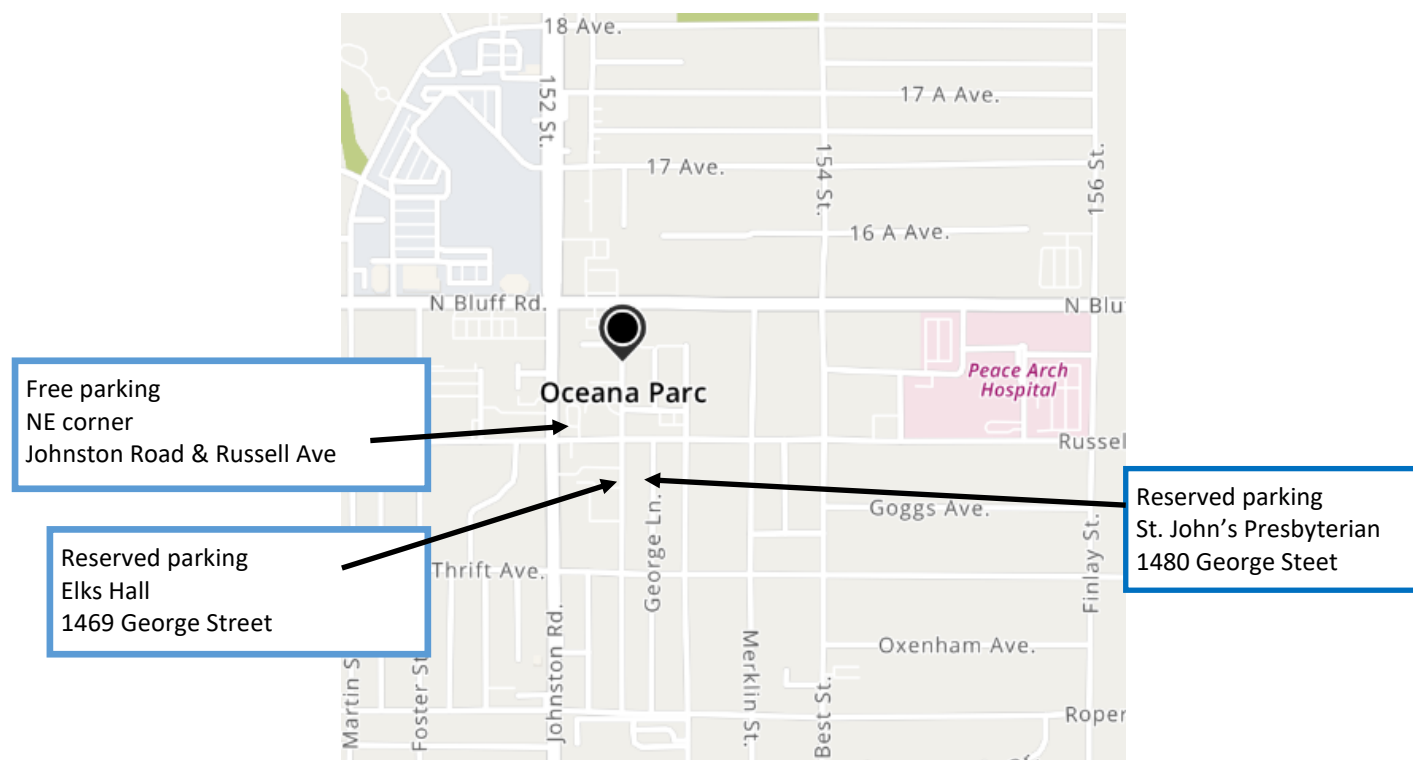
Mayor Megan Knight was elected as Mayor of the City of White Rock in 2022 and previously served on White Rock City Council as a Councillor from 2014-2018.

Mayor Knight has lived in the White Rock area since 1979. She graduated from Semiahmoo High School, completed her education at the University of British Columbia, and was subsequently commissioned as a British Columbia Notary Public. She has had her Notary practice in the White Rock area since 1998.

With 43 years in the community, Mayor Knight has a long record of public service and small business ownership. In 2022, she was the recipient of the Queen Elizabeth II Platinum Jubilee Medallion for community service. She serves on the Sources Foundation Board, Society of Notaries Public of BC Board, Notary Foundation Board, and has also served on the boards of the Fraser Valley Regional Library Board and the Tour de White Rock.

Oceana Park, 1575 George Street, White Rock

Parking is not available on-site, but we have reserved a limited number of spaces nearby (half a block, level walk) at the Elks Hall and St. John's Presbyterian. **If you require a reserved parking spot, please let us know when you register / RSVP.** Also, free parking is available at the public lot at the NE corner of Johnston Road and Russell Avenue.





Check federalretirees.ca

'Virtual pre-retirement course' for next available courses!

Coming soon!....

"Meet and chat" in White Rock

a.k.a *Java with Judy and Sharon*

We have reserved the 'Education Room' at the *Centre for Active Living* in White Rock for 'Meet 'n Chat' dates on

- April 16th (3rd Wednesday)
- May 14th (2nd Wednesday)
- June 11th (2nd Wednesday)

With hosts **Judy McLellan** and **Sharon Riches**.

There are over 700 Federal Retirees in South Surrey—White Rock.

Come out and meet your neighbours.

All members and **potential members** are welcome!

Judy and Sharon are planning for speakers in on the April and June dates (stay tuned for details), and an informal chat date in May.

CENTRE FOR ACTIVE LIVING

1475 Anderson Street, White Rock

(Next to the Centennial Arena—Note: All day parking is \$2.25)

Coffee, tea and cookies (!!!) will be served.

Mark your calendars! For more information or to RSVP, email Judy at judymichelle1@live.com
Or call Ian at 604-753-7845...

So we know how many cookies to bake.

If you know a potential member—whether they're still in service, recently-retired, or long-retired but just 'forgot' to join—bring that lucky person along!



Virtual pre-retirement course



Get retirement-ready with an engaging and informative two-day course from the National Association of Federal Retirees.

Demystify retirement with a two-day virtual pre-retirement course from the National Association of Federal Retirees in collaboration with certified pension presenter Melody Walz, Tradex and GERAS Centre for Aging Research.

[Register for an upcoming course.](#)

This two-day 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 \$120 attendance fee includes course materials and a financial assessment with Tradex.

Don't forget 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 our work to protect pensions and benefits for federal employees and retirees and gives you access to useful information and great savings too.

Our 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.



Changes! Opportunities!

Remember—All positions on the Board of Directors are up for election at the Branch Annual Meeting. Most of the current board members have indicated a willingness to continue, but there are opportunities! Forward your nominations to Bernd Hirsekorn, at bhjh45@shaw.ca before March 6th, please!

Personnel Changes

Rod Tondevold, who has given yeoman service as Treasurer for the past two years, will be stepping down to focus on other commitments, such as the Men's Shed chapter he established in South Surrey/White Rock. Thank you, Rod!

Thelma Graham says she is always willing to help when she's in town, but her family priorities take her to Australia much of the year. Thelma joined the Association in 2010 and has been a key member of the Board in various capacities: Health Benefits Officer, Treasurer and Secretary. Thank you, Thelma!

Bernd and Marilyn Hirsekorn are planning/hoping to move to the Okanagan this year. We still expect **Bernd** to answer our calls for volunteers right up until the date of the move. Bernd joined the Association in 2007, became a volunteer in 2009, branch Vice president in 2014, and branch President for 2016-2020. Almost his first question at a branch meeting was 'What do you folks do to have fun?'. A strong proponent of creating opportunities for human connection, he initiated 'Meet and Chat' and he made sure the branch's 40th anniversary party in 2018 was every bit as 'grand' an occasion as our celebration of the Association's 50th anniversary in 2013. Bernd was awarded the Claude Edwards (national) award for leadership in 2020. The long hours Bernd devoted to the Association would not have been possible without Marilyn's support and patience. We thank you both.

Thank you all!

Fraser Valley West Branch board (2024) - Thank you!

| | |
|-----------------------|---|
| President | Ian Spence (604) 753-7845 |
| Vice President | Eric Ross |
| Secretary | Ilene Fika |
| Treasurer | Rod Tondevold |
| Directors | Leslie Gaudette Thelma Graham Bernd Hirsekorn Arlene Johnston Judy McLellan Sharon Riches Glen (Rocky) Rockwell Rob Terris |

email: nafrbc04@gmail.com

website:

www.federalretirees.ca/fraservalleywest

Personal Planning with **Nidus** Upcoming webinars

The Nidus Personal Planning Resource Centre is a non-profit, charitable organization. Nidus provides education on personal planning – making legal arrangements in case you need assistance with things such as paying bills or making health care decisions due to illness, injury or disability. The Nidus website contains optional forms for Representation Agreements, as well as information on Enduring Powers of Attorney and health care consent.

Nidus operates a centralized Registry for personal planning documents, including Representation Agreements, Enduring Powers of Attorney, Advance Directives, My Voice Expression of Wishes, Nominations of Committee and Notices of Revocations.

For more information: Website: www.nidus.ca

E-mail: info@nidus.ca

Phone (Greater Vancouver): 604-408-7414

Upcoming webinars:

These webinars offer a screening of two videos featuring personal, real-life stories from people across British Columbia, highlighting the usefulness of personal planning and Representation Agreements. After each screening, there will be time for a short Q&A period.

Everyone is welcome to register and attend.

Tuesday, March 18th, 2025 6-7 p.m.

Wednesday, April 30th, 2025 6-7 p.m.

Thursday, May 8th, 2025 6-7 p.m.

Registration info at <https://nidus.ca/events/>

**FREE WEBINAR
OPEN TO ALL**

YOUR CHOICE. YOUR PLAN. YOUR LIFE.

Nidus Presented by Nidus Personal Planning Resource Centre **chfbc** Hosted by CHF-BC

**REAL STORIES:
HOW PERSONAL
PLANNING
CHANGES LIVES**

VIDEOS + Q&A
TUESDAY
MARCH 18,
2025
6-7 PM PDT

Have questions in advance? Email us at info@nidus.ca

Health Benefits Officer (HBO)

Should you need any assistance getting information on the Public Service Health Care Plan, the Pensioners Dental Service Plan, or dealing with pension contact centers (Veterans Affairs Canada, RCMP Pension, etc.) please contact our

Health Benefits Officer:

Glen (Rocky) Rockwell

at 604-496-4426

or email at grockwell@shaw.ca