

BC 04
Branch Update (#6)
June 2025



Meet you at the Peace Arch ... for the Summer General Meeting and Barbecue

Peace Arch Park

—Highway 99 at Beach Road
 (turn right, just before the Duty Free)

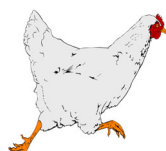
Thursday, July 10th 2024

11:30-2:30 (doors open at 11:00)

Featuring Henry's Outdoor Barbecue

—1/2 chicken dinner

Yes! There is a veggie
 burger option!



Special inflation break price:

\$20.00 per person

**Please request the veggie option
 when you register!**

Bring a friend! Bring a potential member**

****Who is eligible for membership?**
 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!



REGISTRATION:

By July 3rd, please!

BY EMAIL: nafrbc04@gmail.com

(Please include names of everyone in your party)

BY PHONE: Ian @ (604) 753-7845

PRE-PAY BY E-TRANSFER: nafrbc04@gmail.com

(Did we mention the special, low price?)

Or

PAY AT THE DOOR: cash or cheque

(Sorry, no debit/credit)

(If your plans change, please give us as much advance notice as possible, to help us control catering costs.)

Mobility an issue? If the 150 yd (137.16m)(give or take) hike from the parking lot to the pavilion presents a challenge, let us know and we will have a volunteer with a wheelchair to help!

And... Mark your calendars!

- **Java with Judy and Sharon - White Rock, June 11th**
 (with special guest speaker—see page 2)
- **Young at Heart Seniors Expo—Langley, June 18th**
 (see page 2 for details)



Java with Judy and Sharon...With **Special Guest Speaker** Karen Tyrell**Wednesday, June 11th —1-3 p.m.**

Centre for Active Living
(a.k.a the White Rock curling rink),
1475 Anderson Street, White Rock
Next to the Centennial Arena).
(Note: Pay Parking \$2.25 all day)

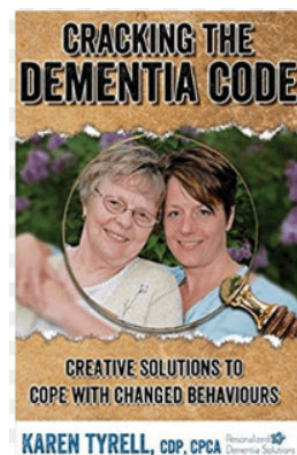


RSVP by June 8th, please,
to Judy at judymichelle1@live.com

Or call Ian at (604) 753-7845 to reserve your
cookie.

Karen Tyrell (Notes from her web-site (dementiasolutions.ca))

- Karen is a Certified Professional Consultant on Aging (CPCA) and a Certified Dementia Care Provider (CDCP) with a passion for improving dementia care.
- Her mission is to empower all caregivers—both frontline professionals and families— helping them recognize their incredible potential. She believes they can create harmony and effectively manage dementia-related behaviours using creative approaches.
- Karen is also very proud of her involvement in major projects such as being a part of the development team for the first true [Canadian Dementia Village in Langley](#), BC. and also consulting and supporting the opening of the new [Adult Cognitive Wellness Centre](#) in Langley.
- Karen provides talks and workshops relating to dementia; including speaking on her book, “Cracking the Dementia Code – *Creative Solutions to Cope with Changed Behaviours*” to a variety of organizations/groups and to staff in care homes. She also enjoys delivering her talk “How to Maintain a Healthy Brain?!” to community groups and assisted living homes.

**And... We hope to see you on the 18th!**

**Branch volunteers will be staffing an information table at the “Young at Heart’ expo.
Come check out the vast array of resources and opportunities available to you!**

**PLATINUM EXHIBITORS:**


Retirement Concepts
retirementconcepts.com


Senior Discovery
Tours
seniordiscoverytours.ca

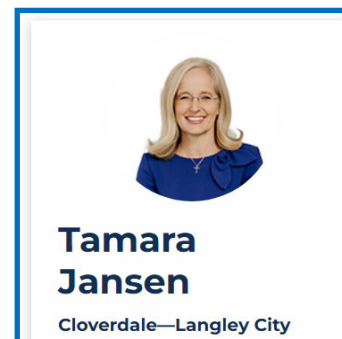


Here to serve you...

The winners (?) of the 2025 federal vote in Surrey, Langley and Maple Ridge... and how those ridings have gone historically...



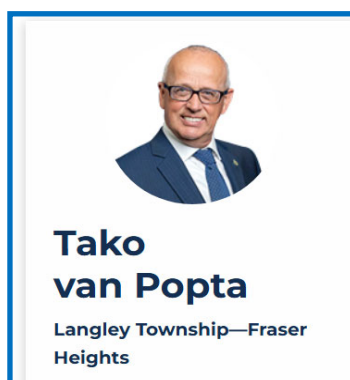
Parliament	Years	Member	Party
Abbotsford—South Langley			
Riding created from Abbotsford and Langley—Aldergrove			
45th	2025–present	Sukhman Gill	Conservative



Parliament	Years	Member	Party
Cloverdale—Langley City			
Riding created from Fleetwood—Port Kells, Langley and South Surrey—White Rock—Cloverdale			
42nd	2015–2019	John Aldag	Liberal
43rd	2019–2021	Tamara Jansen	Conservative
44th	2021–2024	John Aldag	Liberal
45th	2024–2025	Tamara Jansen	Conservative
45th	2025–present	Tamara Jansen	Conservative



Parliament	Years	Member	Party
Fleetwood—Port Kells			
Riding created from Surrey Central and Surrey North			
38th	2004–2006	Nina Grewal	Conservative
39th	2006–2008		
40th	2008–2011		
41st	2011–2015		
42nd	2015–2019	Ken Hardie	Liberal
43rd	2019–2021		
44th	2021–2025		
45th	2025–present	Gurbux Saini	



Parliament	Years	Member	Party
Langley—Aldergrove			
Riding created from Abbotsford and Langley			
42nd	2015–2019	Mark Warawa	Conservative
43rd	2019–2021	Tako van Popta	
44th	2021–2025		
Langley Township—Fraser Heights			
45th	2025–present	Tako van Popta	Conservative



Parliament	Years	Member	Party
Pitt Meadows—Maple Ridge			
Riding created from Pitt Meadows—Maple Ridge—Mission			
42nd	2015–2019	Dan Ruimy	Liberal
43rd	2019–2021	Marc Dalton	Conservative
44th	2021–2025		
45th	2025–present		



Parliament	Years	Member	Party
Surrey Centre			
Riding created from Surrey North			
42nd	2015–2019	Randeep Sarai	Liberal
43rd	2019–2021		
44th	2021–2025		
45th	2025–present		



Parliament	Years	Member	Party
Surrey—Newton			
Riding created from Fleetwood—Port Kells, Newton—North Delta and Surrey North			
42nd	2015–2019	Sukh Dhaliwal	Liberal
43rd	2019–2021		
44th	2021–2025		
45th	2025–present		



Parliament	Years	Member	Party
South Surrey—White Rock			
Riding created from Fleetwood—Port Kells, Newton—North Delta and South Surrey—White Rock—Cloverdale			
42nd	2015–2017	Dianne Watts	Conservative
42nd	2017–2019	Gordie Hogg	Liberal
43rd	2019–2021	Kerry-Lynne Findlay	Conservative
44th	2021–2025		
45th	2025–present	Ernie Klassen	Liberal

BC/Yukon District Meeting—May 13-15, Abbotsford

Volunteers from all fourteen BC branches came together at the annual BC/Yukon District conference in Abbotsford May 13th-15th. National President, Roy Goodall, and Association CEO Anthony Pizzino were there to provide inspiration, insight and answers.

- Keynote speaker, Karen Long, President of the Langley Volunteer Bureau, shared what inspires her commitment to community engagement. For several years, the Bureau has been successfully connecting non-profits to willing volunteers via bettercommunity.ca.
- Renate Sutherland, the District's Advocacy Program Officer, led a session reviewing successes, challenges and lessons learned from the April federal election.
- There was a training session on the capabilities of 'CRM', the Association's primary membership information and financial management system.
- District Directors Brian Strongman and Scott Hodge met with the branch presidents to review the proposals that have been submitted for consideration at the Annual Meeting of Members in Gatineau.



Anthony Pizzino making closing remarks at the BC/Yukon conference.

Jean-Guy Soulière, candidate for National President, made a Zoom appearance. (Association by-laws allow national officers only two consecutive three-year terms, so Jean-Guy stepped down in 2022 and now is back and running against Roy Goodall, who is completing his first term.) Brian Strongman will also be stepping down this year; candidates for that position are George Scott, past president of the Vancouver Branch and Deb Nilsen, past president and current VP of the Prince George Branch. The conference was a great opportunity for volunteers to network, compare notes and learn from each other. Kudos to Branch Service Co-ordinators, Rick Devlieger, Julie Spencer and Steve Sawchuk for another well-run, informative program.

Fraser Valley West Branch board (20245)

President	Ian Spence (604) 753-7845
Vice President	Eric Ross
Secretary	Ilene Fika
Treasurer	Kamlesh Kumar
Directors	Leslie Gaudette
	Arlene Johnston
	Judy McLellan
	Sharon Riches

Directors (cont'd)

Glen (Rocky) Rockwell
Rob Terris
Verda Tondevold
Stuart Wilson

email: nafrbc04@gmail.com

website: federalretirees.ca/fraservalleywest

Keep in touch!

Call Ian (604) 753-7845 or email nafrbc04@gmail.com :

- To update your address or contact info
- To arrange a listing in the "In Memoriam" section in Sage magazine.

In Memoriam —Federal Retirees' national publication, SAGE, honours recently deceased members by listing their name and branch in the "In Memoriam" section of the magazine.

To have the name of your loved one included in the "In Memoriam" section, please email nafrbc04@gmail.com

Please note that SAGE is published quarterly and branch submissions are required at least six weeks in advance of the next publication date.

Health Benefits Officer (HBO)

If you need help 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