



BC 04
Branch Update (#8)
October 2025

Hello, fellow Federal Retirees!

I am writing this on the first day of Autumn (22nd). September has brought the usual lovely weather and hectic adjustment of schedules. However, the Labour Day event was, surprisingly, a blast. I enjoyed working with Vancouver Branch volunteers and valued the opportunity to connect with provincial politicians including **Susie Chant, the Parliamentary Secretary for Seniors and Long Term Care**. Then (Sept 10th) we had a successful (I thought) meeting with **MP Tako Van Popta** and, at the time of this writing, we are looking forward to meeting with MP Ernie Klassen (South Surrey-White Rock) on September 29th. We thank Vancouver Branch for opening attendance at their September 16th presentation by **Tradex** (preferred partner, mutual funds and financial planning) to our members. The hall was full. 15 of our members were there!

On our calendar:

- We have a **Java with Judy and Sharon** coffee meeting scheduled for October 1st which happens to be National Seniors Day. Was that planning or coincidence?
- Then, October 25th, please visit our table at the **'For The Health of It'** Seniors Expo in White Rock.
- And, again, if you want to lay a wreath on **November 11th** at your local cenotaph, let me know, we will make it happen.
- Then, it's Christmas! Slightly early, on **December 8th, at Morgan Creek**. We have a special entertainer booked to help us rock around the Christmas Tree. Stop with the eye-roll. I think seriously you'll like the show: Alyssa Nielsen. It's not too early to secure your reservation.

All the best!

- Ian Spence

Connecting with friends at the Labour Day Picnic

- by Danielle Rehm

On September 1, BC08 directors Murray Bryck and Danielle Rehm joined Ian Spence, President BC04, to staff an information and recruitment booth at the Labour Day Picnic in Edmonds Park, Burnaby. This annual event, co-hosted by the Vancouver & District and the New Westminster & District Labour Councils, attracted a lively crowd of union members, local politicians, families, and community supporters.



Danielle, Ian, and Murray with Susie Chant (BC Parliamentary Secretary for Seniors' Services and Long-Term Care), Tamara Davidson (MLA for North Coast-Haida Gwaii and Minister of Environment and Parks), and BC08 member, John

Our booth was strategically located between PSAC (Public Service Alliance of Canada) and PIPSC (Professional Institute of the Public Service of Canada), providing an excellent opportunity to share information about the benefits of membership and raise awareness of the Association's work on behalf of members and retirees.

During the event, we welcomed visits from Jennifer Blatherwick, MLA for Coquitlam-Maillardville and Parliamentary Secretary for Gender Equity, as well as Christine Boyle, MLA for Vancouver-Little Mountain and Minister of Housing and Municipal Affairs. Both MLAs expressed a strong interest in our organization and its advocacy priorities. They provided their contact details and encouraged us to reach out to their staff to arrange meetings for further discussion. We also had the opportunity to speak with Susie Chant, BC Parliamentary Secretary for Seniors' Services and Long-Term Care, and Tamara Davidson, MLA for North Coast-Haida Gwaii and Minister of Environment and Parks.

Meeting your Member of Parliament

On September 10th, Branch volunteers spent a cordial and informative 45 minutes with Tako Van Popta, MP for Langley Township-Fraser Heights. We emphasized the contribution that retirees with secure, defined benefit pensions make to their communities and the local economy, and we stressed the need for all levels of government to work together to address the shortfall in long term care facilities by considering alternatives to the traditional institutional model of service delivery and by expanding investment in home and community care services, to enable older Canadians to age in dignity, in places of their choosing.

Mr. Van Popta's follow-up to our meeting came by e-mail on September 22nd and is quoted in full, below:

Ian Spence:

Thank you to you and your group for meeting with me on Wednesday September 10, 2025, to discuss seniors' policy issues. I promised to follow up with what the Conservative Party campaigned on in the April 2025 general election. Here are some quotes taken directly from our policy document:

Our seniors worked to build this country. We will honour their contributions by protecting their income, their independence, and their security in retirement by:



MP Van Popta, Angela Cheung, Leslie Gaudette, Linda Shiefke, Ian Spence.

- **Maintaining the age of retirement at 65 for GIS, OAS, and CPP.**
- **Making the caregiver tax credit refundable.**
- **Allow seniors the option of keeping their RRSPs another 2 years before mandatory conversion to RRIFs (from 71 to 73).**
- **Stopping scams targeting seniors by passing the Stop Scamming Seniors Act to force banks and telecoms to block fraud in real-time, delay suspicious transactions, and impose minimum jail time for fraudsters.**
- **Raise the tax-free income threshold for working seniors up to \$34,000. Allow working seniors to earn up to \$34,000 tax free, \$10,000 more than the current limit.**
- **Ban drug dens within 500 metres of schools, parks, and seniors' homes and impose strict new oversight rules to ensure there are pathways for treatment and recovery.**

While our policy document did not include anything about a national strategy for long term care, the Conservative caucus did vote in favour of an earlier private member's motion, Motion M-47 (Improvements to Long Term Care), which supported the concept of a Safe Long-Term Care Act. There may have been some public consultations about such an Act, but I don't think the government introduced legislation for debate during the 44th parliament. I'll look out for this possibly coming up in the current (45th) parliament.

Thank you for working diligently in support of our seniors.

Tako van Popta
MP for Langley Township – Fraser Heights
Shadow Minister for Pacific Economic Development

November 11th



Each year, your Branch sends representatives to lay wreaths at Remembrance Day ceremonies, to honour those who have served and sacrificed in service of their country, and those who are currently serving around the world in these dangerous times.

If you would like step up this year, to volunteer to lay a wreath on behalf of Federal Retirees, at your local cenotaph ceremony, please contact us at nafrbc04@gmail.com

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The Top 10
Things to Know
Before RetiringPre-retirement tips from the
National Association of Federal Retirees**Top Ten Things to Know Before Retiring...?**

What's this? It's an incredibly useful resource available to download from the Federal Retirees' national website at <https://www.federalretirees.ca/en/media/1949/download>. It tells you how your Public Service Superannuation Act (PSSA) pension is calculated, explains 'bridge benefit', what happens if you retire before 65, and what happens on your 65th birthday, besides cake.

If you know someone who is considering taking the leap, this may be just the information they need to plan a soft landing!

On October 25th, please drop by and hang out with our volunteers at our information table...



For the HEALTH of it

Saturday, October 25th, 2025

White Rock Community Centre (15154 Russell Avenue, White Rock)

FREE

9:00am - 1:00pm
(Doors open 8:30am)

PRESENTING SPONSOR
WHITE ROCK
City by the Sea

NOURISH YOURSELF

mind - body - soul

EVENT HIGHLIGHTS:

- Focus: Mind-Body-Soul
- Engaging Speakers
- Health & Wellness Resource Fair

**EVENT DETAILS:**

- Free Registration
- Complimentary Lunch
- Prize Draws

REGISTER NOW

3 WAYS TO REGISTER:

Go Online: whiterockcity.ca/register
(Course ID #18896)

By Phone: 604.541.2199

In Person:

White Rock Community Centre
Centennial Park Leisure Centre
Kent Street Activity Centre



**PEACE ARCH
HOSPITAL
FOUNDATION**
The heart of a healthy community

Onboarding our newest board member!



Pat Yendrys is an RCMP veteran who started her career in 1986 with assignments in small town Manitoba (Stonewall, Headingley, Lynn Lake.) Then, for a change of pace, she transferred to the Lower Mainland where she served in a (wild) variety of capacities - from Diplomatic Protective Services to Port Mann Highway Patrol to the unit investigating Federal Serious and Organized Crime (*no, not the politicians*), to an assignment with the 2010 Olympics as co-ordinator of Critical Infrastructure, Venue Planning and Business Continuity. (During your own federal service, you may have come across the term 'Business Continuity': it means planning how to get the systems running again if things go dark. Great to know someone had a plan.) She completed her career as a Risk Investigator with Division Security at the Green Timbers RCMP Headquarters in Surrey. About 10 minutes after retiring, she asked who advocates for RCMP vets and fortunately, someone told her about us.

We are pleased that Pat agreed to step up to fill the vacancy on the branch board.

Welcome, Pat! We look forward to working with you.

Christmas? **December general meeting and Christmas buffet:**

When? Monday, December 8th—11:30-2:30 (doors open at 11 a.m.)

Where? Morgan Creek Golf Club, 3500 Morgan Creek Way, Surrey, BC

With special musical guest: Alyssa Nielsen

It is not too early to register!

RSVP (required): By email to nafrbc04@gmail.com or

By phone to Ian (604) 753-7845

Tickets: \$35.00 per person, pay by e-transfer to nafrbc04@gmail.com or by cash or cheque at the door (Sorry, no credit, no debit) .

Special dietary and seating requests: Please include requests when you register.



*Sounds
of the
Season*



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.

Check out our website:

www.federalretirees.ca/fraservalleywest

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