



BC 04
Branch Update (#9)
November 2025

NOTICE

General Meeting and Christmas Luncheon

Monday, December 8th, 2025

Morgan Creek Golf Club

3500 Morgan Creek Way, Surrey, BC

Doors open at 11:00 a.m. Meeting 11:30



With special musical guest: Alyssa Nielsen

Alyssa Nielsen has recorded two albums. Her first single broke the Top 20 National music charts. She is a three time BC Country Music Association Nominee, for Best New Artist, Best Single and Best Female Vocalist. She has acted in a feature film, various television series as well as a Disney Sunday Movie and performed for 10 years with International ABBA Tribute- AbraCa-dabra. She also does a mean Patsy Cline. And she knows your favourite Christmas tune!



RSVP (required): Before November 28th, 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.

Please mark your calendars,
plan to attend
and bring a friend!

Know someone who is eligible to join Federal Retirees? **
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!



COSCO's 2025 Conference - 75th Anniversary

The Council of Senior Citizens' Organizations of BC celebrated 75 years of advocacy at their conference October 3—5, 2025. The two-day event included keynote speakers and panels on themes such as

- "Ageism and Human Rights" (featuring **Margaret Gillis**, the founding president of the International Longevity Centre Canada) and a proponent of the Age-friendly Community program in Canada
- "Understanding Inequality for Seniors in BC" (featuring **Dan Levitt**, BC Seniors Advocate) and
- "Health Care for Older Adults" (featuring **Kasari Govender**, BC Independent Human Rights Commissioner).

Susie Chant, Parliamentary Secretary for Seniors and Long-Term Care in the BC government spoke to the conference in person, and **Stephanie McLean**, Parliamentary Secretary for Seniors in the federal government, sent greetings by video link.

Delegates learned of the significant progress that has been made towards the adoption of a United Nations Convention on the Rights of Older Persons. They heard experts and advocates on a wide range of issues—to name just a few: the importance of seniors centres in maintaining community connection, the essential work of family advocates in Long Term Care councils, the urgent need for significant investment in home care services to flatten demand on Long Term care, and the transportation challenges that are particularly acute for persons determined to 'age in place' in rural areas.



Kamlesh and Rishi Kumar with Leslie Gaudette

Delegates also had time for lighter moments. The program for the Gala Dinner on Saturday included special entertainer comedian Charlie Demers and a video celebrating COSCO's achievements over 75 years.

Branch Treasurer, **Kamlesh Kumar** and husband **Rishi** attended the conference in-person, Ian Spence monitored the plenary sessions on-line. Kamlesh reports that she is now much more aware of ageism in her day-to-day life. Maybe that's a good thing?

The conference was a great success, an impressive achievement, and reaffirmed COSCO's role as the leading voice for seniors in British Columbia.

Congratulations to Leslie Gaudette, COSCO president, and her entire team!

COSCO's 2025 Conference
Human Rights and Ageing:
Advocating for an Equitable Future

DAY 1 THEME:
Ageism and Human Rights
with Keynote Speaker Margaret Gillis & more

October 3 - 5, 2025
Sheraton Vancouver Airport Hotel

Register today at:
Coscobc.org/conference/

Margaret Gillis and panel

COSCO's 2025 Conference
Human Rights and Ageing:
Advocating for an Equitable Future

DAY 2 THEME:
Understanding Inequality for Seniors in BC
with Keynote Speaker Dan Levitt & more

October 3 - 5, 2025
Sheraton Vancouver Airport Hotel

Register today at:
Coscobc.org/conference/

Dan Levitt and panel

COSCO's 2025 Conference
Human Rights and Ageing:
Advocating for an Equitable Future

DAY 1 THEME:
Health Care for Older Adults
with Keynote Speaker Kasari Govender, Moderator Louise Holland, Panelists Jeff Moss, Penny MacCourt and Lisa Dawson.

October 3 - 5, 2025
Sheraton Vancouver Airport Hotel

Register today at:
Coscobc.org/conference/

Kasari Govender and panel

November 11th



This year Federal Retirees volunteers will be laying wreaths at cenotaph ceremonies in Langley City, Fort Langley, Cloverdale, Whalley, White Rock and Crescent Beach. **(Thank you, Arlene Johnston, Leslie Gaudette, Rob and Andrea Terris, Pat Yendrys, John and Iris Deschamps, and Ian Spence).** If you would like to pay respects on behalf of the Association at a ceremony in your neighbourhood, let us know. (It is probably too late for this year, but give Ian a call at (604) 753-7845 to register your interest.)

Advocates at work!

Branch volunteers continue to reach out to Members of Parliament as new and returning MPs settle in to their roles and as the (relatively) new government prepares to slice the fiscal pie to serve myriad competing priorities.

In these visits, we focus on making the case that **defined benefit pensions** are the best way to ensure Canadians have the benefit of income security in retirement and can contribute to the economy and social life of their communities. We also press for enactment of a **Safe Long Term Care Act** and for federal-provincial collaboration on enforceable standards for long-term care, as well as for more support for unpaid caregivers by—as a minimum—making the **Canada Caregivers Tax Credit** refundable (and therefore accessible to low income households).

Branch volunteers Kamlesh Kumar, Pat Yendrys, Robert MacDonald and Ian Spence met with South Surrey-White Rock MP **Ernie Klassen** on Monday, September 29th, and branch volunteers Steve Sawchuk, Judy McLellan, Leslie Gaudette and Ian Spence met with Cloverdale-Langley City MP **Tamara Jansen** on October 17th. The meetings went well and both MPs were generous with their time, each giving our delegations over an hour to touch on a range of issues. We look forward to hearing back from them on their discussions with caucus colleagues on progress toward a Safe Long Term Care Act.



October 17th—Judy McLellan, Ian Spence, MP Tamara Jansen, Steve Sawchuk, Leslie Gaudette.

No pic from Sept 29th—sorry—too busy talking and forgot.

For the HEALTH of it

NOURISH YOURSELF
mind - body - soul

PRESENTING SPONSOR
WHITE ROCK
City by the Sea

8:30 - 9:00	Registration Opens
9:00 - 9:15	Opening Remarks: White Rock Mayor Megan Knight
9:15 - 9:45	AGING WELL: Keynote: Dr. Joy Liao MD, MPH, FRCPC, Geriatric Medicine, Department Head, Langley Memorial Hospital
9:45 - 10:15	MIND: Dr. Jennifer McIvor Registered Psychologist, Board Chair, Together-SSWR
10:15 - 10:30	BODY: Zumba with Mary Lou Rust
10:30 - 11:15	Visit Exhibitor Tables (presentation room) Meet the Trainer (fitness centre) with Olga Chekoy
10:30 - 10:50	Stretch & Sculpt (studio) with Fay Kubacki
10:55 - 11:15	Bodyful Movement Yoga (studio) with Fay Kubacki
11:30 - 12:30	SOUL: Cooking Tips & Tricks with Steven and Matt (Peace Arch Hospital Chefs)
12:30 - 1:00	Door Prizes & Lunch

Nourishing the whole person—mind-body-soul—was the theme of the event that played to a full house (more than 200!) at the White Rock Community Centre on October 25th. Organized by the Semiahmoo Seniors Network and various non-profit and private sector partners, the event offered healthy aging tips from A-Z—beginning with remarks on [A] ‘Aging Well’ from keynote speaker Dr. Joy Liao, Geriatric Medicine, Langley Memorial Hospital to [Z] Zumba dancing with Mary Lou Rust.

Federal Retirees volunteers Arlene Johnston and Kamlesh Kumar staffed an information table, promoting the Association and contributing to the ‘nourishment’ theme with Federal Retirees branded packets of jelly beans.

Arlene reports that the event was a lot of fun, and not only was she reminded to take time to stay healthy and keep connected to community, but she learned how to cut up a whole chicken! (Peace Arch Hospital chefs Steven and Matt offered Soul: Cooking Tips & Tricks.)



For the Health of It is an annual event. If you missed this offering, mark your calendars for 2026. Wait. Would that be called ‘Advanced Planning’?



Java with Judy and Sharon—October 1st

This event, featuring guest speaker, Heather Martin, on **“How to determine when it’s time for care”**, drew a record crowd.

Coles Notes: if you are concerned about someone’s ability to live independently, get a doctor’s referral to one of Fraser Health’s Specialized Seniors Clinics (Langley Memorial, Peace Arch, and the Jimmy Pattison Outpatient Centre). These clinics can offer a

comprehensive assessment and offer some assistance, but be aware, *“the Specialized Seniors Clinic does not replace your family doctor or nurse practitioner and usually does not manage long-term follow-up.”* Better At Home services may be available through community agencies, but there are limitations, charges for some services, and waiting lists. Private home care service providers can fill the gaps but there are costs and often a 3-hour minimum (e.g. 3 x \$42.00), but some providers will offer to co-ordinate so that two or three clients living in the same building or in close proximity, can share and split caregiving costs.

You may recall that your branch hosted a Town Hall a couple of years ago with the title *‘Aging in Place Requires a Plan.’* We continue to harp on this theme and to nag politicians to invest more in home care services. Thanks to Judy and Sharon for organizing an engaging and informative event!



Sharon Riches, Heather Martin and Judy McLellan

Other neat stuff to do...

Aldergrove Seniors Community Fair

Thursday, November 20, 2025, ~ 10 AM to 2 PM

West Langley Community Hall, 9402 208 St, Langley

Organizations and community agencies gather in one location to promote their programs, events, and opportunities for seniors.

Bus tour?

Don’t forget to check out the latest edition of ‘In the Loop’ for information on the many, many, many services and activities available at the Langley Senior Resources Centre.

Christmas bus tours will be organized shortly. Meanwhile, you might be interested in the **CFB Esquimalt Naval Tour** on Tuesday, November 19th or the **Arts Whistler Holiday Market Tour** on Saturday, November 29th. For information, check out ‘In the Loop’ or call 604-530-3020.



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

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.