



National Association
of Federal Retirees Association nationale
des retraités fédéraux
FRASER VALLEY WEST

BC 04
Branch Update (#10)
December 2025

Season's Greetings!

It has been quite a year. Many, many thanks to our cadre of volunteers and community partners who helped us deliver:

- The Branch Annual meeting—March 13th at Oceana Parc in White Rock
- Two candidates' forums for the federal election called on March 23rd —one on April 9th for the South Surrey-White Rock riding and the other on April 23rd at the Langley Senior Resources Centre for the three Langley ridings.
- Four meetings with new and returning MPs (four more to go!). To date we have met with Gurbux Saini, MP for Fleetwood Port Kells; Tako van Popta, MP for Langley Township-Fraser Heights; Ernie Klassen, MP South Surrey-White Rock; and Tamara Jansen, MP for Cloverdale-Langley City. Our 'top three' themes: 1) defined benefit pensions provide income security in retirement, reduce demand on health and social supports and boost the local economy; 2) post-pandemic, national standards for long term care still need to be implemented and enforced; and 3) significant investment in home care services is needed to flatten demand on long-term care.
- Three *Java with Judy and Sharon* coffee meetings—in April with Stephanie Chan of 'Home to Home Services', in June with Karen Tyrell, author of "Cracking the Dementia Code, and in October with Heather Martin of Comfortkeepers on 'How to Know When It's Time for Care'.
- Three information tables—at 'Young at Heart' Seniors Expo in Langley in June, at the Labour Day Picnic at Edmonds Park in September and at 'For the Health of It' in White Rock in October.
- Did I mention the Summer meeting and Barbecue at Peace Arch Park? —with guests MP Ernie Klassen, MLA Trevor Halford and Federal Retirees National Directors, Scott Hodge and George Scott.
- On November 11th, Branch volunteers laid wreaths at six ceremonies at cenotaphs in Surrey, White Rock and Langley.
- And of course we are looking forward to seeing many of you at the general meeting and Christmas luncheon on December 8th. **(Registration for the buffet closed November 28th).**
- In addition to the events listed above, I attended the national Annual Meeting in Gatineau in June and branch directors attended the District meeting (all 14 BC Branches) in Abbotsford in May, and the Western BC meeting in November.



So... In my opinion, your Branch has been pretty good this year. We will see if the Jolly Elf agrees. In any event, on behalf of the branch board, I wish you peace, health and happiness over the holidays and all through the new year. All the best! **Ian Spence**

Fraser Valley West Branch board (2025)

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
	Glen (Rocky) Rockwell	Rob Terris
	Verda Tondevoid	Pat Yendrys

email: nafrbc04@gmail.com

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 grockwell@shaw.ca

REMEMBRANCE DAY 2025 - HONOURING SACRIFICE, PRAYING FOR PEACE

Federal Retirees volunteers laid wreaths at cenotaph ceremonies in Whalley, Cloverdale, Langley, Fort Langley, White Rock, and Crescent Beach.



Andrea and Rob Terris at the Cloverdale ceremony.



Pat Vendrys lays a wreath at the ceremony at Legion 229 Whalley



Colour guard at Crescent Beach Legion 240



Arlene Johnston represented the Branch at Langley City.



Field of wreaths at Fort Langley (Thanks, Leslie!)

Assembling for the ceremony at the cenotaph in White Rock. (Thanks, John and Iris Deschamps)



News and notices from our friends at the Langley Senior Resources Centre:

(check <https://lsrs.ca> to see the amazing array of services and activities available at the Centre)

Volunteer Drivers Needed



Langley seniors need your help!

Once or twice a week, assist a senior to a medical appointment or grocery shopping, using your own vehicle. Mileage paid for driving is 72 cents per kilometer.

Qualifications

- Minimum 21 years old
- Criminal Record Check
- Drivers Abstract
- Class 5 and own vehicle

Duties may include

Picking up client from their home and take to appointment.
Drive client back home.

Please contact **Jude** for more information
 604-530-3020 ext. 322 | judeh@lsrs.ca



Langley Senior
RESOURCES SOCIETY

Christmas Dinner & Dance



Featuring Six Gun Romeo

Wednesday December 10
4:30-8:00pm

Traditional Turkey Dinner with all your favourites!



Langley Senior
RESOURCES SOCIETY

LSRS Members \$45.00 | Non-Members \$50.00

Tickets available at the front desk or by phone: 604-530-3020 ext. 0

Bus Tours—See the lights and leave it to someone else to keep their eyes on the road!

TIMBERLINE COUNTRY CHRISTMAS –

Friday, December 12

12:45pm - 7:30pm | \$119 Members | \$139 Non-Members

Catch the holiday spirit at Timberline Ranch's Country Christmas at its 73-acre Horse Ranch. This is a "linear" event, in that you will progress from Christmas activity to activity, at your own pace. Finish at the Coquitlam Christmas Night Market and Lights at Lafarge. Level: Easy

NOTE: The restaurant has requested that guests choose their dish at the time of booking. Please pre-order when you book.

PACKAGE INCLUDES:

- Timberline Country Christmas
- Match Restaurant Langley
- Covered Wagon Ride
- Coquitlam Christmas Market
- Lights at Lafarge

HERITAGE CHRISTMAS & BRIGHT NIGHTS –

Thursday, December 18

3:45pm - 8:50pm | \$79 Members | \$99 Non-Members

Begin at Surrey's most amazing Christmas lights ~ Bright Nights displays at Cloverdale Fairgrounds feature millions of sparkling festive lights. Continue to Heritage Christmas at the Burnaby Village Museum featuring a 10 acre open air site, festive lights and dinner available at Mai's Cafe, (not included). Level: Easy

PACKAGE INCLUDES:

- 1 Hour Bright Nights Ticket & Donation
- 2 Hours Heritage Christmas
- Escorted Entry
- All Fees and Taxes



Register for bus tours at the front desk, or by calling 604-530-3020
Cancellation refunds are available up to 7 days prior to trip

A couple of Christmas offerings on the Peninsula...



SEMAIHM00 SENIORS

CHRISTMAS

Social

9 DECEMBER

1:00 - 3:30 PM

WHITE ROCK COMMUNITY CENTRE
15154 RUSSELL AVE

SNACKS | GAMES | FUN

Free but registration required:
 semi.seniors@gmail.com
 778-725-0711 (leave a message)

Hosted by  Semiahmoo Seniors Network



White Rock & South Surrey
46th Community Christmas Dinner

Our mission is to offer a traditional Christmas Day meal to those in the community who might otherwise spend the holiday alone.

Thursday, December 25, 2025
White Rock Baptist Church 1657 140th Street
Surrey, BC


Doors Open: 11:30 AM
Dinner Served 12:00 PM

CALL:
236-818-6758

To book your reservation and/or ride.
Reservation open November 12th
Monday to Saturday from 9AM to 6PM

To support this event, please contact
Sources at 604-542-4357

 SOURCES
COMMUNITY RESOURCE CENTRES

 white rock
baptist church

Do you know someone who is considering retirement... ? Here's an easy-to-wrap gift idea!

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.

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 2026 attendance fee of \$145 includes course materials and a financial assessment with Tradex.

The cost of a one-year membership 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—an “at cost” financial services company;
The GERAS Centre for Aging Research;
Melody Walz, a certified presenter with the Pension Centre.

For more information, search ‘virtual pre-retirement’ on www.federalretirees.ca

You're welcome!