



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#2)
February 2026

NOTICE

BRANCH ANNUAL MEETING

Wednesday, March 11th, 2026

**Langley Senior Resources Centre
20605 51B Avenue, Langley 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 2025 Branch Annual Meeting;
- Receive the President's report;
- Receive the reviewed financial records for 2025;
- Receive the budget for the 2026 and financial forecast;
- Give the Board of Directors the authority to appoint a financial reviewer for 2026;
- 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.

Buffet luncheon at 12:30—cost \$25.00 per person

RSVP required.

Register: By email: nafrbc04@gmail.com
or by phone (Ian at 604-753-7845)

Payment options: By e-transfer to nafrbc04@gmail.com
or by cash or cheque at the door
(sorry, no debit or credit cards).

Parking available on-site and nearby.

A volunteer will be on-hand to direct you.



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 Members and Veterans,
Federal Public Servants
and their spouses, partners or
survivors - anyone who receives or
pays into a federal superannuation
pension.

**You do not have to be retired
to be a member of
Federal Retirees!**



Nominations for the 2026 board

Please email Eric Ross—evross@telus.net to register your interest!

All (12) positions are up for election each year. The time commitment is fairly flexible (we recognize that people have lives) but successful volunteers play (reasonably well) with others, enjoy event planning, working with the public and can find their way around the Federal Retirees website. Skills in photography and IT would be a bonus. Call Ian to discuss opportunities!.

Flying 'Solo'?

Whether by choice or by circumstance, here's a chance to reveal the highs and lows

The Life Research Institute at the University of Ottawa, in collaboration with the National Association of Federal Retirees, has launched the [Canadian Study on the Wellbeing of Solo Retirees](#) (CSRS). The purpose of this innovative project is to enhance the quality of life and optimize the well-being of solo retirees.

A solo retiree is someone who is single, whether never married or partnered, separated, divorced, widowed or living apart from a partner, and has retired or is nearing retirement.

According to the 2021 census, almost 40 per cent of people over 65 are single and almost 70 per cent live alone. That's about two million Canadians. Despite the high numbers of solo retirees, we know little about their well-being, quality of life and lived experience.

This national, bilingual Canadian study aims to improve the quality of life of solo retirees, including personal well-being, social connections, financial management, and overall life satisfaction. The findings will contribute to better understanding the challenges and opportunities that solo retirees face, ultimately helping to improve resources and services tailored to this group. Understanding the experiences of solo retirees in Canada is vital to enhancing quality of life and optimizing wellbeing. If you are a solo retiree or solo and soon to retire, add your voice to this important study today! Please share the links with any of your family, friends or acquaintances.

Complete the survey in English or French: <https://csrs-ecrs.ca/>

If you would like additional information about this study, go to the project website <https://csrs-ecrs.ca/> or contact Professor Corneil wcorneil@uottawa.ca

You are eligible to participate in the survey if you are: Retired (or soon to be retired) and solo as described above, and

- Have a primary residence in Canada, and
- Willing to share your experiences through an online questionnaire.

A Study about Solo Retirees in Canada

There's still time to complete the survey! Respond today!



This and that...

There is another chance to catch a performance by **Alyssa Nielsen** (the entertainer at our December 8th Christmas meeting) at the **Valentine's Day Pub Lunch** at the Langley Senior Resources Centre. Tickets on sale starting February 2nd—at the Centre's Front Desk or phone 604-530-3020, ext. 0 . Check the LSRS webp-site for or the February issue of ***In The Loop***.

The date and venue have been set for the **Branch summer meeting and barbecue: Wednesday, July 8th, Peace Arch Park** . Mark your calendar and stay tuned for details!



In Memoriam listings in **Sage** magazine—If you would like to see your loved one's name listed in Sage, please send us a note at nafrbc04@gmail.com . **Sage** is published quarterly and submissions are required a minimum of six weeks prior to publication .

Health/Benefits questions—If you're having "issues" with Canada Life or problems getting answers from a pension office, drop us a line at nafrbc04@gmail.com or call Ian at (604) 753-7845, and we will try to connect you to the information you need.



Have an idea for a presentation/topic you would like to see discussed at a **Java with Judy and Sharon** session? Interested in hosting a session in your own neighbourhood? Drop us a line: nafrbc04@gmail.com

Making the case for Home Care reform...

Continuing to push the theme that “Aging in Place requires a plan”, we salute the Jewish Seniors Alliance of BC and their work advocating for an overhaul of the province’s home support services. For older adults who want the option of remaining in their homes, the waiting lists for publicly-funded home support services are long and the range and depth of services is inadequate.. Augmenting home care services would not only respect the wishes of the majority of seniors, but, as the Seniors Advocate has demonstrated, providing a client up to 4-5 hours of home care daily is less expensive than moving that person into long-term care. For seniors on moderate to middle incomes, private home care services (with an hourly rate of \$40+) are not an option.

The JSA website has a video titled “Eileen and Gary’s Story” that does an excellent job of outlining the issues. Check it out at <https://jsalliance.org/advocacy/>. The advocacy initiative has the support of COSCO and the BC Health Coalition.

ADVOCATING FOR EQUITABLE AND ACCESSIBLE HOME SUPPORT SERVICES

“At Jewish Seniors Alliance of British Columbia (JSABC), we believe that access to consistent, dignified, and person-centred home support is a fundamental right for all older adults in our province. Our Advocacy Committee has launched a province-wide campaign calling for a bold and compassionate overhaul of the current home support system.

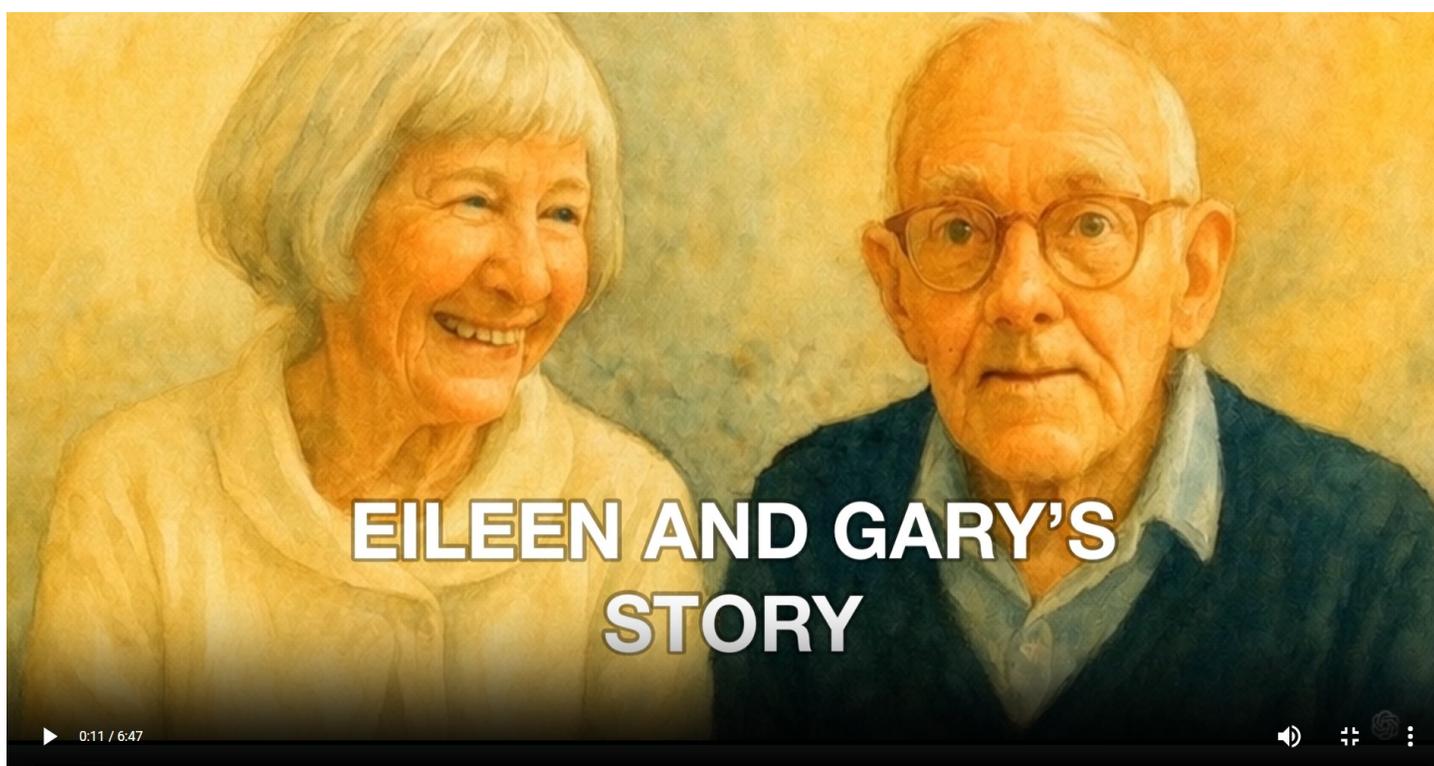
The JSA Advocacy Committee is lobbying for reforms to long-term care, focusing on the need for comprehensive, publicly funded home health care services. Home health care allows seniors to stay in their homes, leading to better health outcomes and satisfaction. It can also reduce costs by preventing unnecessary long-term care admissions, which are currently high in BC. “

STRONGER AT HOME: THE POWER OF FINANCIALLY INFORMED HEALTHCARE

The JSABC Advocacy Committee continues to lobby for reform to Home Support in BC.

Please watch our new video, sadly a true story about Eileen and Gary Record’s struggles with paying for necessary home support.

The Records’ story highlights why BC’s home support system urgently needs review. While low-income seniors pay nothing, middle-income families are squeezed by outdated rules and rising costs. Without reform, many will face impossible choices: go without needed care, burn through savings, or move to costly long-term care - defeating the purpose of home support altogether.





Semiahmoo Seniors
Network

CONNECT AND LEARN

LEARN ABOUT RESOURCES IN YOUR COMMUNITY AND MEET NEW FRIENDS!

When?
 **Thursday Feb 12**
11:30AM-1:30PM

Where?
 **Rotary Fieldhouse**
14600 Rotary Way
Surrey.

Free Lunch Provided


Join us for a fun and informative event, discover local resources, connect with new friends, and enjoy a delicious lunch on us!

REGISTRATION REQUIRED,
EITHER BY PHONE (LEAVE A MESSAGE)
AT 604-531-9400 EXT. 214
BY EMAIL TO ROWENA.ALFORTE@BRELLASOCIETY.CA
LIMITED SEATING. REGISTER EARLY!



Looking for adventure...out on the highway?

(With a professional doing the driving?)

Ideas from our friends at the Langley Senior Resources Centre:

PLAN YOUR NEXT BUS TRIP

Tuesday, February 10 | 7:15am - 8:00pm

\$159 Members • \$179 Non-Members

WILDLIFE PHOTOGRAPHER OF THE YEAR

The prestigious Wildlife Photographer of the Year exhibition is back at the Royal BC Museum in 2026 with 100 new incredible photos showcasing the best from around the world. Enjoy lunch at Steamship Grill on Victoria's Inner Harbour. Level: Easy

Additional \$36 ferry fee for 64 years and under

PACKAGE INCLUDES:

- Royal BC Museum Admission
- Wildlife Photographer Of The Year Exhibit
- Lunch Steamship Grill
- All Fees and Taxes

Wednesday, February 18 | 8:15am - 5:15pm

\$139 Members • \$159 Non-Members

GULF OF GEORGIA CANNERY

Step back in time on the Gulf of Georgia Cannery Tour! Take an entertaining and educational guided tour of this National Historic Site, wander charming Steveston Village and Wharf, explore Britannia Shipyards, and savor a relaxed lunch at O'Hare's GastroPub. History, sights, and local flavors await! Level Easy

PACKAGE INCLUDES:

- Gulf of Georgia Cannery Tour
- Britannia Shipyards
- Steveston Village & Wharf
- Lunch O'Hare's GastroPub

Friday, March 13 | 7:30am - 5:15pm

\$139 Members • \$159 Non-Members

BEHIND THE SCENES

Take part in this unique opportunity to tour a working television and radio facility, The CBC. Also see where your NHL favorite players and entertainers perform on the Rogers Arena Tour. Includes a relaxed lunch at the time-honored Sylvia Hotel. Level: Moderate

PACKAGE INCLUDES:

- CBC Newsroom Tour
- Rogers Arena Tour
- Lunch Sylvia Hotel

Friday, March 27 | 9:00am - 4:15pm

\$129 Members • \$149 Non-Members

MYSTERY TOUR

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must-see attraction, it includes a great lunch and afternoon mystery stops. Use the Mystery stop clues correctly to win a variety of prizes! Level: Easy

PACKAGE INCLUDES:

- Mystery Attractions
- Lunch
- Mystery Stops
- Prizes



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

Thank you! To the **2025 Branch board:**

Ian Spence	(President)	
Eric Ross	(Vice President)	
Ilene Fika	(Secretary)	
Kamlesh Kumar	(Treasurer)	

Directors: Leslie Gaudette Arlene Johnston, Judy McLellan, Sharon Riches,
 Rocky Rockwell, Rob Terris, Verda Tondevoid, Stuart Wilson / Pat Yendrys.

It's been fun!