



**BC 04
Branch Update (#3)
March 2026**



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

Reminder! RSVP by March 4th, 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:

- a) Approve the minutes of the 2025 Branch Annual Meeting;
- b) Receive the President’s report;
- c) Receive the reviewed financial records for 2025;
- d) Receive the budget for 2026;
- e) Give the Board of Directors the authority to appoint a financial reviewer for 2026;
- f) Consider any proposals for amendment of the Branch bylaws (none this year);
- g) Conduct elections for the Branch board;
- h) Conduct other such business as may be properly brought before the meeting.

**The business meeting will be followed by a 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.

If you have **any special seating requests**, or **special dietary concerns**, please send a note to nafrbc04@gmail.com and we will do our best to accommodate 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!

Special guest speaker
Jeff Moss
Jewish Seniors Alliance
Stronger at Home:
The Power of Financially Informed Healthcare
See page 3 for more...

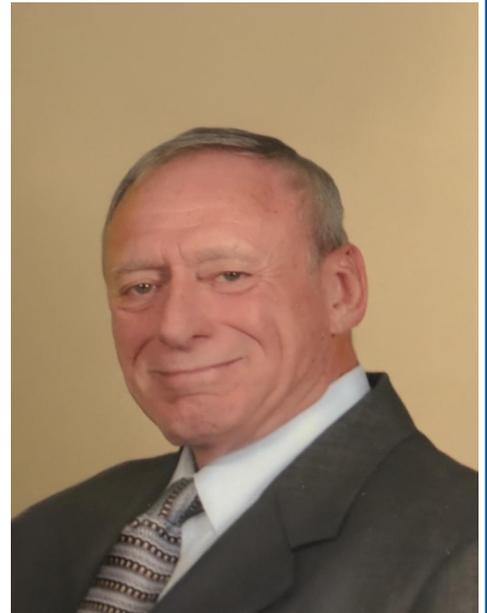


Bidding a fond ‘adios’ to ‘Rocky’ (“Let’s Rodeo!”)

As many of you know, Glen and Audrey Rockwell were gearing up to deal with the Glen’s recent diagnosis of stage 4 lung cancer when he was felled by a heart attack on January 19th. He died peacefully in hospital with family at his side on January 28th.

‘Rocky’ joined Federal Retirees in December, 2005 and over the years, he served in a number of roles on the board, as director, assistant treasurer and treasurer. He took on the Health Benefits Officer job in 2020, and his dedication and concern for the welfare of our members was unflagging. And lately, he was generous with his time and knowledge as he mentored newcomer Pat Yendrys in the HBO role when she joined the board last fall.

Rocky was born in Melville Saskatchewan in 1947 and joined the RCMP in 1968, retiring in 2005 (37 years) with the rank of Staff Sergeant. Following his training in Regina and Penhold, Alberta, he was transferred to the Lower



Mainland of BC, E Division, where he served in various locations including Vancouver Airport Drug Squad, Immigration and Passport and in the national security area.

He wore the red serge proudly, but his other uniform was blue jeans, boots and Stetson. Rocky was a cornerstone of the Cloverdale Rodeo and Exhibition, serving as volunteer and chair over a 30 year period, retiring from the Board in 2010. He inspired many volunteers over the years with his his signature call “Let’s rodeo”.

He was also a proud member of the Royal Canadian Legion in Cloverdale for 40 years.

At Glen’s request, no service will be held. Interment will take place at the RCMP Cemetery, Depot Division, Regina, SK.



Gerry Spielmacher (left), past president of the Cloverdale Rodeo Association and Rocky Rockwell, longtime rodeo chair and volunteer, are seen in 2024. Rockwell passed away Jan. 28. (Photo: Malin Jordan)

We salute our friend and colleague, with full hearts and appreciation for his kindness and loyal service



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). 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!



GUEST SPEAKER, JEFF MOSS,

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. “

A screen shot of Jeff speaking at the COSCO 75th Anniversary Conference in October, 2025,,,,

Why Home Support?
 Comprehensive, publicly funded home health care services allow Seniors to stay in their homes longer.

Better Health Outcomes Improved quality of life and health status for seniors	Cost Savings Savings to government and for individuals
Reduced Hospitalizations Fewer unnecessary emergency and ACL admissions	Increased Independence Preservation of dignity and autonomy

Home Support forms Part of a solution to the crisis facing seniors.

- ✓ 90% of BC Seniors prefer to age at home with available supports.
- ✓ Universal coverage for all BC Seniors, eliminating barriers to care.
- ✓ Saves up-to \$870,000 per individual vs. cost of building and maintaining LTC beds.
- ✓ Aligns with other strategies to reduce the burden on ALC and LTC beds.

Features

Quick Implementation	Accessibility for all Seniors
Equality of Access Regardless of Barriers	

MORE VIDEOS

OUTCOMES, FEWER HOSPITAL VISITS, GREATER INDEPENDENT AND YES IT EVEN SAVES THE HEALTH CARE SYSTEM MONEY. A LOT OF MONEY. WHEN THE SYSTEM CAN'T AFFORD IT,

Yes! We do appreciate volunteers! Here's proof...

(Photos of happy campers from the Volunteer Appreciation Lunch, Feb 12th, Hazelmere)

Ilene (not looking at the camera).



Verda, Ilene, Arlene, Rod, John, Iris, Thelma (looking at her phone for pix of grandchildren in Australia) Rob, Andrea and Kamlesh



Sharon, Stuart, Eric, Ernie, Judy, Laurie



From our friends at the Semiahmoo Seniors Network...

(You may recall Karen Tyrell's presentation at our *Java with Judy and Sharon* session on June 11th, 2025...)

And... It's happening in Aldergrove...

Thanks to our friends in Langley Seniors in Action for passing this along...



Special Learning Event with Vendor Tables & Prizes!

Unintentional Emotional Abuse in Dementia Care ~ Workshop



Come learn how to recognize unintentional emotional harm & build stronger, more compassionate relationships in dementia care.

Saturday, March 14th, 2026

11am - 2pm **Bag lunch included!**

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

White Rock Community Centre
15154 Russell Avenue, White Rock
(Free parking underground)



MAIN GUEST SPEAKER:

KAREN TYRELL, CPCA, CDCP Dementia Consultant, Educator & Author

With more than three decades of experience, Karen has dedicated her career to supporting seniors, including those living with dementia. She brings both compassion and expertise to help families navigate care with practical, personalized solutions.

Fragility Fracture Prevention Program

A FREE EDUCATIONAL SERIES

TOPIC 1

Understanding Osteoporosis & Nutrition

with our Pharmacist & Dietitian



TOPIC 2

Exercise & Healthy Living

with our Registered Nurse



Learn how to keep bones **strong & prevent fractures!**

- Osteoporosis Education
- Falls Prevention Tips
- Healthy Aging Strategies
- Community Resources

**MARCH 9TH
12PM - 4PM**

The Firehouse Café
2900 272 Street,
Aldergrove, BC

4-HOUR SESSION

HOW TO REGISTER:

Call **604.510.5081** or email **communications@ldfp.org**

www.langleypcn.ca

Open to caregivers, older adults, seniors, or anyone who wants to learn more about bone health!

Lunch will be provided!



REMINDERS:

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 work with you to find the information you need.

SAVE THE DATE!

For the Branch summer meeting and barbecue:
Wednesday, July 8th, Peace Arch Park.
Mark your calendar and stay tuned for details!



Thank you, again, to the 2025 Branch board:

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|------------|------------------------------|------------------|
| Executive: | Ian Spence | President |
| | Eric Ross | Vice President |
| | Ilene Fika | Secretary |
| | Kamlesh Kumar | Treasurer |
| Directors: | Leslie Gaudette | Arlene Johnston, |
| | Judy McLellan | Sharon Riches, |
| | Rob Terris, | Verda Tondevold |
| | Stuart Wilson / Pat Yendrys. | |

Contact us at nafrbc04@gmail.com or

- Ian at 604-753-7845
- PO Box 75022, RPO White Rock, Surrey, BC V4A 0B1