



BC 04  
Branch Update (#5)  
May 2025

**Meet you at the Peace Arch ... for the Summer General Meeting and Barbecue**



### Peace Arch Park

—Highway 99 at Beach Road  
(turn right, just before the Duty Free)

**Thursday, July 10th, 11:30-2:30**

(doors open at 11:00)

Featuring Henry's Outdoor Barbecue

—1/2 chicken dinner

Yes! There is a **veggie burger** option

—please request when you register.

**Special inflation break price:**

**\$20.00 per person**

Bring a friend! Bring a potential member\*\*



- ➡ **REGISTER BY EMAIL:** [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)  
(please include names of everyone in your party)
  - ➡ **REGISTER BY PHONE:** Ian at (604)753-7845  
(Did we mention the low, low price?)
  - ➡ **PRE-PAY BY E-TRANSFER:** [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)
- OR**
- ➡ **PAY AT THE DOOR:** cash or cheque (Sorry, no debit/credit)

**\*\*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!

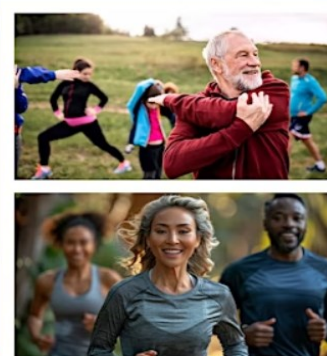
**Young at Heart EXPO**  
Redefining Our Aging Years

**YOUNG AT HEART**  
**LANGLEY SENIOR EXPO**  
REDEFINING OUR AGING YEARS

**WEDNESDAY, JUNE 18TH | 10:00AM - 3:00PM**  
LANGLEY CURLING CENTRE - 20699 42 AVE., LANGLEY, B.C.

**GAMES TO PLAY**  
**GUEST SPEAKERS | VENDORS**  
**RESOURCE BOOTHS | CLUBS TO JOIN**  
**\$10,000 IN PRIZE GIVEAWAYS**

**FREE ADMISSION • COME SEE OVER 35+ EXHIBITORS!**



**PLATINUM EXHIBITORS:**



Branch volunteers will be staffing an information table at the "Young at Heart" expo on June 18th.  
If you would like to help, call Ilene at 778-990-8371

## 'Meet and Chat'

### a.k.a. *Java with Judy and Sharon...*

The Meet and Chat session on April 16th featured guest speaker, Stephanie Chan, of Home to Home Advisory Services. Stephanie's presentation covered a range of topics, including navigating the healthcare system, public vs private options for 'independent living,' 'assisted living' and 'extended care', different ways to access home care and different types of seniors residences. Twenty members came to the event with lots of questions. A very useful and engaging exchange of information.

For follow-up, check out [www.home-to-home.ca](http://www.home-to-home.ca)

Thanks to Stephanie, and to Sharon Riches and Judy McLellan for organizing (and all those who pitched in to help with rearranging the furniture!).

### The next Meet and Chat—May 14th:

There is no scheduled speaker, other than you! It will be a chance to reminisce about your career (no fact checking) and get to know your neighbours over a cup of coffee or tea. And, although our usual caterer (Patti Halford, Candlelight Cuisine) is retiring, there **will be cookies**. We wish Patti a happy Retirement and hope she passes her recipes to the new owners!



Sharon, Stephanie, Judy



### *Java with Judy and Sharon...*

Wednesday, May 14th —1-3 p.m.

Centre for Active Living

(a.k.a the White Rock curling rink),

1475 Anderson Street, White Rock

Next to the Centennial Arena).

(Note: Pay Parking \$2.25 all day)

RSVP by May 12th, please,

to Judy at [judymichelle1@live.com](mailto:judymichelle1@live.com)

Or call Ian at (604) 753-7845 to reserve your cookie.

### Next up!

**June 11th—Meet and Chat—*Java with Judy and Sharon***

Guest speaker—Karen Tyrell, author,  
*Cracking the Dementia Code – Creative Solutions to Cope with Changed Behaviours*

## Fraser Valley West Branch board (20245)

**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

### Directors (cont'd)

Glen (Rocky) Rockwell

Rob Terris

Verda Tondevold

Stuart Wilson

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email: [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)

website: [federalretirees.ca/fraservalleywest](http://federalretirees.ca/fraservalleywest)



## ELECTION MISSION ACCOMPLISHED (MORE OR LESS)



April 9th, Louise Taylor from Brella Community Services (in white) and Ian Spence (right), introduce candidates for South Surrey-White Rock (Ernie Klassen, Liberal; Christine Kinnie, Green).  
(The NDP and Conservative candidates were unable to attend.)

The election writs were issued on March 23rd, with Election Day 37 days later.

**OUR MISSION:** To provide public platforms where voters could meet the candidates and hear their ideas.

**OUR CHALLENGE:** Not a lot of time to pull this off.

**OUR STRATEGY:** Call on our trusty volunteers, leverage our connections and experience with allied seniors groups, draw on our 'reserves' to help with expenses, focus on the ridings where most of the Branch members reside: South Surrey-White Rock and the three Langley ridings.

**THE OTHER CHALLENGE:** Getting the candidates to RSVP to our invitations. You would think it would be easier. For those candidates with web-sites, their 'Donate' button and 'Volunteer' button were in working order, the 'Email the candidate' button not so much.

**OUR RESULTS:** Town hall, April 9th, South Surrey-White Rock, St. John's Presbyterian Church, a collaboration with the Semiahmoo Seniors Network, Brella Community Services, and CARP—and Aspira Retirement Living provided the cookies!

**Audience:** 120 **Candidates:** Green Party, Christine Kinnie, Liberal Party, Ernie Klassen.

**Town hall, April 17th, for the three Langley ridings,** at the Langley Senior Resources Centre, a collaboration with the Langley Senior Resources Society, Langley Seniors in Action, Council of Senior Citizens Organizations of B.C. Veteran Valley journalist, Frank Bucholtz, moderated.



Seniors issues were the focus of an all-candidate forum on Thursday, April 17, 2025, at the Langley Senior Resources Society centre. | (Matthew Claxton/Langley Advance Times)

**Audience:** 100. **Candidates** (eleven candidates running in the three ridings, representing four parties and one independent).

**Abbotsford-South Langley:** Melissa Snazell (Green) Kevin Gillies (Liberal), Mike deJong (Independent), Aeriol Alderking (People's Party);

**Langley Township-Fraser Heights:** John Aldag (Liberal), Alex Joehl (Libertarian), Holly Isaac (NDP);

**Cloverdale-Langley City:** Kevin Wilke (Green) Kyle Latchford (Liberal), Vanessa Sharma (NDP), Jim McMurtry (People's Party).

**OUR SELF-ASSESSMENT:** With the help of our collaborators and volunteers, we did our little bit to keep the spirit of democracy alive and well. Our events actually did allow for a respectful exchange of a range of ideas and for voters to take the measure of (some of) the brave folks who applied for the job to represent them in Parliament.

So, mission more or less accomplished.

Thanks, everyone!

We missed the Conservative Party candidates.

Frank Bucholtz, moderator, welcomes the candidates:  
(L-R) Melissa Snazell (Green), Kevin Wilkes (Green) John Aldag (Liberal), Kevin Gillies (Liberal), Kyle Latchford (Liberal), Alex Joehl (Libertarian), Mike deJong (Independent), Holly Isaac (NDP), Vanessa Sharma (NDP), Aeriol Alderking (People's Party), and Jim McMurtry (People's Party).  
Candidates for the Conservative Party did not respond to invitations



## More photos from the 'Langley Ridings' event, April 17th



Kate Ludlum, CEO Langley Senior Resources Centre, provides the opening "Welcome".



Vanessa Sharma, NDP candidate, Cloverdale-Langley City, speaking.

## What's on the Branch calendar?



May 13-15— BC /Yukon District Meeting, Abbotsford BC  
Information and training for Branch volunteers

May 14th— **Meet and Chat—Java with Judy and Sharon**  
White Rock

May 19th— VICTORIA DAY

May 22nd— Branch Board meeting



Enjoy my day!

June 11th— **Meet and Chat—Java with Judy and Sharon—White Rock**  
Guest speaker—Karen Tyrell, author, *Cracking the Dementia Code – Creative Solutions to Cope with Changed Behaviours*

June 16-18— National Annual Meeting of Members  
(National Board, Branch Presidents, Advocacy Officers,  
Branch Service Co-ordinators meet in Gatineau)

June 18th— **Young at Heart Seniors' Expo—**  
Coast Langley City Hotel & Convention Centre – 20393 Fraser Highway,  
Langley, B.C. 10:00 a.m.—3:00 p.m.

June 19th— Branch Board meeting

July 1st— **CANADA DAY**

July 10th— **General Meeting and Summer Barbecue—**Peace Arch Park



## Keep in touch!

Call Ian (604) 753-7845 or email  
[nafrbc04@gmail.com](mailto:nafrbc04@gmail.com) :

- To update your address or contact info
- To arrange a listing in the "in Memoriam" section in Sage magazine.

**In Memoriam** —Federal Retirees' national magazine, SAGE, has an "In Memoriam" section to honour recently deceased members by listing their name and Branch.

To have the name of your loved one included in the "In Memoriam" section, please email  
[nafrbc04@gmail.com](mailto:nafrbc04@gmail.com)

Please note that SAGE is published quarterly and branch submissions are required six weeks or more 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.)

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Please contact our Health Benefits Officer:

**Glen (Rocky) Rockwell** at 604-496-4426

or email at [grockwell@shaw.ca](mailto:grockwell@shaw.ca)