

BC 04
Branch Update (#5)
May 2026



Enjoy my day!

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

Peace Arch Park

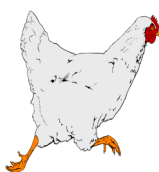
—Highway 99 at Beach Road
(turn right, just before the Duty Free)

Wednesday, July 8th 11:30-2:30
(doors open at 11:00)

Featuring Henry’s Outdoor Barbecue
—1/2 chicken dinner

Yes! There will be a tasty
vegetarian option
—please request when you register.

All-in price: **\$25.00 per person**



!!!



Bring a friend! Bring a potential member**

- ➔ **REGISTER BY EMAIL:** nafabc04@gmail.com
(please include names of everyone in your party)
- ➔ **REGISTER BY PHONE:** Ian at (604)753-7845
(by June 30th, please)
- ➔ **PRE-PAY BY E-TRANSFER:** nafabc04@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 superannua-
tion pension.
You do not have to be retired to be a member of Federal Retirees!



(We had to change because the White Rock curling rink is being renovated).

Java with Judy and Sharon

Special presentation:

Connect with Belair Direct

(Belair Insurance Company Inc.)

A Federal Retirees Preferred Partner

with Travis Melnychuk, Account Manager, Business Development

When? Wednesday, June 3rd 1-3 p.m.
Where? CENTRE FOR ACTIVE LIVING
1475 Anderson Street, White Rock
(Next to the Centennial Arena)
Note: All day parking is \$2.50.



Limited space. RSVP required by May 31st (please)

Email Judy at judy@crescendooperatic.org
Or call Ian at (604) 753-7845

Mark your calendars!

June 1st

**Langley SENIORS IN ACTION
'Seniors Fair'**

**Monday June 1st, 2026
10 a.m. to 2 p.m.**

**Royal Canadian Legion,
26607 Fraser Highway,
Aldergrove**



"...bringing together seniors-led and senior-serving organizations in one accessible location, offering a shared space to showcase programs, events and opportunities for older adults."

Visit our Federal Retirees' information table and say 'hello' to our volunteers.

GROWING OLDER, LIVING BETTER

FOR SENIORS!




Seniors Nutrition Talk
MAY 12 | 10-11am

Learn about key nutrients for healthy aging, gut health, hydration, and supplements at this seniors nutrition talk with dietitian Jen Howker. Enjoy questions, refreshments, and community connection.

Seniors Ability Circuit
MAY 19 | 10am-1pm

Try the 'Move For Life' circuit to build strength, balance & mobility. Get a fitness assessment, program recommendations, and free recreation passes. Book a 15-minute session.

Falls Prevention
MAY 26 | 10-11am

Learn tips and tricks on how to reduce your risk of having a fall. Bring questions!

At Ocean Park branch. Registration required. Register in person or call 604-502-6449, starting April 20.

Join us and learn how to take charge of your wellbeing and thrive at every stage of life.

Ocean Park branch
12854 17 Avenue
604-502-6304
surreylibraries.ca



Shaping Our Future—

Governance and Structure Review Consultations

Federal Retirees has been grappling with the question of whether the Association's current structure, with 70+ branches of various sizes—from Ottawa Branch with 33,000 members to branches in the other Districts with a few hundred - is sustainable in the long term. Member engagement is low, volunteers are hard to find and hold, and the governance structure provided by the Canada Not-for-profit Corporations Act was not designed for an organization with delegated levels of authority.

The National Board and the Special Committee on Association Structure have submitted preliminary proposals—i.e. sketched out a few options with many, many details to follow.

District consultations are being held in advance of the Annual meeting in Gatineau June 15-17th.

BC/Yukon branches are meeting in Abbotsford May 12-14th. If the word 'governance' quickens your pulse, you may want to check out the national townhall that kicked off this round of discussions. It is available for viewing on You Tube at

<https://www.youtube.com/watch?v=xtHf7dOrA1k>

And after that, if you are inspired, give Ian a call. He may be able to find you a meeting to attend.

Fraser Valley West Branch board (2026)

President	Ian Spence (604) 753-7845
Vice President	Eric Ross
Secretary	Ilene Fika
Treasurer	Kamlesh Kumar
Directors	Leslie Gaudette
	Arlene Johnston
	Rishi Kumar
	Judy McLellan
	Sharon Riches
	Rob Terris
	Verda Tondevoid
	Pat Yendrys (Health/Benefits)

Need help connecting with Canada Life or your pension office?

email: nafrc04@gmail.com

Or call (604) 753-7845