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Semi-Annual General Meeting, Art Show and Luncheon

Wednesday, October 8, 2014

82 members gathered for our semi-annual meeting, lunch and art show. They spent some time looking at the hobby displays from several of our members as well as displays from a few spouses of our members. All agreed that the various artisans have a lot of talent!

Lunch was served at noon and everyone enjoyed both the grilled breast of chicken and salmon in a lemon sauce.

At 1: p.m. everyone adjourned to the auditorium for a quick meeting, chaired by Margaret Perry. Two lucky people each won a door prize of a $10 gift certificate from Tim Horton’s. Margaret reported that 20 people went to the River Rock Casino event and 20 people went on the Sins of the City tour.

Margaret then introduced our guest speaker, Lisa Hanson from Johnson Inc.

Lisa spoke about their Medoc Travel Insurance. In order to take advantage of this discount insurance, Lisa advised that one must be an associate member of the BCGREA. The highlights of the plan are:

- Coverage for one or multi trips travel in the U.S. or overseas.
- You can be covered for pre-existing medical conditions that have been stable for 90 days prior to travel or to booking your trip.
- There are 2 plan options – annual base plan of 17 or 35 consecutive days plus a supplemental plan for trips that are longer than 35 days.
- Eligible dependent children can travel with or without a member and still be covered.
- Medoc is the first payee so our extended health benefits may not be used.
- There is direct billing where possible.
- You are covered for up to $5 million emergency medical bills.
- There are no age or health restrictions

Lisa and her associate, Mark, then answered a number of questions from those present. Lisa also spoke a bit about their home insurance plans and their pet insurance plan.

Margaret thanked our guest speakers and adjourned the meeting at 2 p.m.

*Please note: The Executive of the Workers’ Compensation Board Retiree Association is not necessarily endorsing travel insurance through Johnson Inc. Because of interest from some members, and especially the interest in travel insurance, we asked Lisa to give a presentation after the meeting for information purposes only. As an alternative, there is a link on our website (www.wcbra.com) to Pacific Blue Cross, and information is available on that site for their travel insurance. You may also access Blue Cross at their own site on www.pac.bluecross.ca/travelplans.aspx.

In Memoriam

DEWAR, Dr. G. Malcolm (July 25, 1923—October 27, 2014)

Long time members will recall that prior to his retirement, Dr. Dewar was Director of Medical Services
Pictures from Semi-Annual AGM, Art Show and Luncheon

Paintings by Anne Rogers (on left) and Mary Jacob (on right). I do not have a clear picture of Mary’s artwork and I apologize for this.

Examples of picture books self published by Larry Christopher

Ancestry Search Display by Gary Spencer

Ceramics and sculptures by Pam Price
The year 2014 was very busy for your Executive. We organized 4 social outings for our members, a day at River Rock Casino (July 9), a Sins of the City Tour (Sept 17), the Fraser Downs Racing and Casino day (November 2), and the upcoming Christmas Banquet at the Marine Drive Golf Club on December 10. We also organized two AGM’s (with guest speakers and luncheon). Your Executive met with officials at WorkSafeBC to discuss various issues pertinent to your retirement benefits such as extended health and dental. In addition to this, we participated at two Retirement Seminars, one Wellness Fair and the inaugural Lunch and Learn Session.

In the issue of April/May/June 2013 I first asked members to suggest a name for this newsletter. Reminders were also sent out in subsequent issues throughout 2013 and 2014. In case anyone is wondering whatever happened to their idea, below is a list of the submissions as well as some culled from Retiree web sites.

- Adventure
- After Work
- Bite the dust
- Board Talk
- BoardTalk11
- Boardwalk
- Break
- Breakaway
- Break Out
- Career change
- Chat
- Clean break
- Clipboard
- Cocktail hour
- COMPosition
- Elder Statesman
- Freedom
- Group
- Holiday
- Leisure Talk
- Leisure Time
- Lighten Up
- Lucky Break
- Never Bored
- Overboard
- Permanent Vacation
- Pleasure
- Recess
- Relax Time
- Retire Safe
- Retirement News
- Second Childhood
- Second Phase
- Slowdown
- The BRA (Board Retirees Association or BRAT)
- The Dust Biter
- Time Out
- Vacation
- Wikbra
- Workbra
- Workbreak

Thanks to those who sent in their suggestions. There is still time to send in further inspirations. A decision will be made in the new year, and we’ll then have a newsletter with a name!

It is that time of year again to remind everyone of the upcoming Christmas Luncheon on Wednesday, December 10, 2014 at the Marine Drive Golf Club. Founded in 1922, this is a beautiful facility, full of elegance and old charm. In order that the Retiree Assn. may continue to keep the luncheon at such a reasonable cost, we require at least 71 tickets to be sold. Retirees are encouraged to invite friends and family as well. As a bonus, any member turning 75 in the year 2014 gets their Christmas lunch for free. Please contact Carol Sallenback at csallenback@me.com and advise her beforehand.

Merry Christmas everyone—I hope everyone has a wonderful holiday season.

Wendy Pantages, Editor
Christmas Lunch   December 10, 2014

Location:  Marine Drive Golf Club
Address:  7425 Yew Street, Vancouver
Price:  $43.00  ** please note this includes PST and the TIP
Time:  11:30 - 12:30 reception & no host bar
       12:30  Lunch

Menu

Warm bread rolls with sweet butter
Field greens with assorted dressings
Thai noodle salad with snap peas and toasted cashews
Beef salad with pine nuts, sweet onion and goat cheese

Thyme Roast Turkey with Brioche fruit stuffing
  gravy on the side
Roasted winter vegetables with honey chive glaze
  Mashed potatoes
  Maple Glazed yams

Christmas Pudding with Brandy sauce,
  Assorted French Pastries
  Shortbread, mincemeat tarts, fruit platter
  Freshly brewed coffee and assortment of fine teas

Please make cheque payable to WCB Retiree Association and mail to Carol Sallenback at 2555 127th St., Surrey, BC  V4A 6J8.  The money must be received by December 1, 2014.
Expect contact from the Phone Committee to confirm your reservation.

There will be lots of prizes awarded, including a Grand Prize

As a reminder to Retirees, the Association does not have to pay any rental fees to the Golf Club, thanks to the ongoing bequest from our former colleague, Mr. Earl Gallagher.
About 20 people attended the **Sins of the City Tour** and it appears everyone enjoyed the exhibit in the old Coroner's building and the walking tour. I think some of our members felt the reality of actually being in this area of town and walking around the neighbourhood was far different than observing it on T.V. from the comfort of their living rooms. Some of the members took the bus as suggested in our last issue, and as they went along Powell Street, they could see Oppenheimer Park. The temporary tent city that had sprung up in the park was still there at the time of the tour. The downtown East Side remains as a stark reminder of some of the social problems facing a lot of our citizens.

Rina Luchin noted she had been brought up in East Vancouver and frequently went to that part of town as she was growing up. (Woodwards was down there and some terrific stores) and said things were not so shocking for her.

With regard to the tour, Carol Sallenback noted "coming from out of the city, you really notice the variety of people. The back alleys where the tour guide took us were very interesting, along with the commentary regarding the types of people who started Vancouver. It was nice to see some new members there and to have the opportunity to meet their spouses.” After the tour, some members had dinner at the Old Spaghetti Factory in Gastown and reported that the food and the service was terrific.

*Photos courtesy of Larry Christopher.*
Barb Messenger (Mgr Employee Benefits, People Services) and Cindy Swenson (HR Adviser People Services) of WorkSafeBC proposed to the Executive of the WCB Retiree Association that an informal information session about retirement for interested WorkSafeBC employees be held at the offices of WorkSafeBC in the auditorium at lunch time. They asked that some members of our group participate.

The inaugural Lunch and Learn session was held on June 4, 2014 with members sharing retirement stories to future retirees. Representing our Executive for this session was Maryanne Shultz, President, Margaret Perry, Director, and Eldon Johnston, Director. Each provided a brief bio and shared their stories about their transitioning to retirement. WorkSafeBC promoted this event internally by use of WSN to invite interested employees to the meeting, and the session was open to all staff, not just upcoming retirees. Maryanne started a slide show and Q & A period to help start the group talking. i.e (What are you going to do with the rest of your life? What are you worried about when you retire?)

There were approximately 40 employees in attendance, and there was a lot of interaction and several good questions asked. In addition, Cindy Swenson noted she received many good comments about the Lunch and Learn and said that they are interested doing another in the future with other retirees telling their stories. "Everyone has a story to tell."

At the end of the Lunch and Learn, we mentioned to the group how the WCB Retiree Association can help maintain their friendships and create new ones when they retire.

In this picture left to right:
Maryanne Schultz, President
Eldon Johnston, Director
Margaret Perry, Director

Welcome New Members

BELL, Colleen
BELL, Patricia
COAN, Earl
FRIESEN, Beverly
HAYAMA, Lindsey
HUI, Winnie
JANSSEN, Bob
LEE, Christina
MAIK, Evon
NICOLLS, Jeanine
PAN, Liana
TANASICHUK, Terry
UKRANITZ, Helen

Upcoming Retirements

Robyn McTague
Tea: Dec 1, 2014 @ 2 p.m.
Lower Atrium—old library area.
Manager: Suzanne Lazarakis

Janice Hanna Peters
Manager: Gavin Muir
Surrey Office
Merry Christmas Everyone
From the members of the executive