

# WCB RETIREES ASSOCIATION

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## Annual General Meeting

The **AGM** was held at the offices of WorkSafeBC on April 2, 2014. A record number of **ninety-one** (91) members attended the luncheon and the meeting afterwards. Members commented that the lunch was excellent and, of course, people enjoyed visiting and catching up with former colleagues.

At 1:00 we adjourned to the auditorium where President Maryanne Schultz introduced the current Executive and advised that unfortunately Ralph McGinn was stepping down from his position as Director. Nominations were held to fill this position and Gary Spencer was nominated. Gary agreed to the nomination and had previously already taken on the huge task of managing our website. Gary's background is as a Systems Analyst in ISD so will be a welcome addition to the Retiree Executive. Maryanne also welcomed 2 guests from WorkSafeBC - Barb Messenger, Manager, Employee Benefits, People Services and Cindy Swenson, Human Resources Advisor, People Services.

Maryanne then presented her report, an abridged version of which is contained on page 2 of this newsletter.

The guest speaker was Mr. Philip Beck from Adventure Center Tours. He presented a fascinating video presentation of some of the trips he has taken through this company, such as Galapagos tours including a tour of the Charles Darwin Research Center and erecting a yurt in Mongolia. The company has expertise in arranging tours in Africa such as an "elephant" tour in Namibia and jungle tours in Kenya and Tanzania. All tours are lead by local people and the company supports local businesses. Mr. Beck was available to answer questions before and after the meeting and handed out brochures to everyone.

Maryanne then thanked our guest speaker, and Tim Horton Gift cards were won as door prizes by 25 lucky attendees. The meeting adjourned at 2 p.m.

### Special points of interest

- 2014 Calendar of Events
- Sins of the City Tour
- Harness Racing at Fraser Downs Racetrack
- Christmas Lunch
- New Recipe

## Current Executive

Maryanne Schulz	President
Carol Christopher	Secretary
Carol Sallenback	Treasurer
Eldon Johnston	Director
Rina Luchin	Director
Margaret Perry	Director
Carole Peterson	Director
Rae McInnes	Director
Wendy Pantages	Director, Editor
Gary Spencer	Director, Web Master

We now have approximately 430 members. A review of the membership and removing people who have not paid their dues in the last 3 to 5 years is underway. It is assumed most of these people are no longer interested.

We started the year with race day at Hastings Park on June 23. On Oct. 16 we had our annual lunch and art/hobby/show. The food was excellent and, of course, our artists are always amazing. On October 22 and 23 we provided a booth at the WorkSafeBC Wellness Fair. As you can guess, the staff is always interested in hearing about retirement. We also presented at two Retirement Seminars, one in June and one in September. The Christmas Party on December 11<sup>th</sup> was an exceptional event, and it really is ‘the party’ of the year. We had to cancel the trip to Butchart Gardens because we didn’t get enough people interested. We worked with Barb Messenger and her team to update the Retiree Pamphlet and letter that are given to new retirees to encourage them to join our Association.

**What else happened last year?**

In Oct. our dental coverage rate went down by almost 2 to 3 dollars per month.

We also received a 1.1% cost of living adjustment on January 1, 2014.

In January Margaret Perry and I met with Barb Messenger and Scott McCloy to share ideas such as looking at ways our members could attend Book Fairs or the Wellness Day. We reviewed our \$100,000 lifetime limit on Extended Health Benefits as well as our vision care deductible. Barb Messenger is aware of our concerns regarding the limits and will bring these issues to the attention of the WorkSafeBC Executive at an appropriate time. We reviewed making EFAP available to our association members, and lastly we discussed how our association could be involved with new retirees. We decided we would provide information on retirement at a ‘Lunch and Learn’ session.

We are being asked as an association to write a letter to the government showing our concerns about the increase in rates for seniors on the ferries. Everyone agreed this would be a good idea.

We have a number of social events planned for this year which are a little different and should be a lot of fun. We hope to see a number of you at any or all of the planned events.  
 - Maryanne Schulz





Following our AGM in April, Gary Spencer joined the Executive and is busy cleaning up and updating our web site. The website can be reached by accessing [www.wcbra](http://www.wcbra) on your browser or just googling wcbra. When I googled wcbra a few months ago, I found out this also stands for the **Washington County Barrel Racing Association** – which I thought was hysterical. So, who knows? Maybe we'll just add in barrel racing as a social activity some time. I would like to add a note that Ralph McGinn will be greatly missed on the Executive - his expertise on constitutional issues and his historical knowledge of the Association is invaluable - some of you may remember he used to do the newsletter to keep members up to date.

We have some interesting events planned for this year – the first one coming up is lunch and a visit to the **River Rock Casino** on July 9. In September, although the date has not yet been confirmed, Rina is firming up plans for us to visit the Vancouver Police Museum and participate in the tour called **Sins of the City**. This sounds like a lot of fun and further details will be forthcoming in the next issue. On October 8 we have our lunch and **hobby/art show/meeting** planned. Again, there will be further info on this in the next issue. In November we are planning on lunch and harness racing in Cloverdale at **Fraser Downs Race Track and Casino**. This will be on a Sunday afternoon with further details on this in the next newsletter. And finally, we have already made our reservations at the Marine Drive Golf and Country Club for our fabulous **Christmas lunch**.

As discussed at the AGM, the Executive of the Retiree Association did send a letter to the President and CEO of the BC Ferry Corp (and copied various government officials), and while this probably won't change anything, we felt better at least voicing our concerns on your behalf! An abridged version is here.

And finally, a friend and colleague sent me a batch of old **Intercomps** - so watch out to see if your picture from the 1980's shows up in a future issue or discover a write-up on you as you were working in the old days. Hmm...! may be open to bribes. - *Wendy Pantages*



**Put your Thinking Cap On**

We are still in search for a name for this newsletter.

We publish under the name Workers' Compensation Board Retiree Association—which is the name of our association, but that's a bit of a mouthful and we don't have a name for this publication.

Send me your ideas at [wpantages@telus.net](mailto:wpantages@telus.net)



**Mailbox**

*President & CEO  
BC Ferry Authority etc.*

*Dear Sir:*

*We, the undersigned Directors of the WCB Retirees Association, are writing on behalf of all our members to relay to you that, as a group of seniors, we are very disappointed with the recent ferry rate increase. We strongly support the return of the ferry being free for seniors riding between Monday and Thursday.*

*Seniors today are active, and those living on the West Coast of British Columbia rely heavily on the ferries to travel to Vancouver Island, the Gulf Islands, the Sunshine Coast where many have retired, or the smaller islands. Some of our members on the mainland have family and/or friends on either Vancouver Island or one of the other islands, and with the increase in the ferry rate, can no longer visit them as often as they would like. Additionally, many seniors attend craft or music fairs, go camping, skiing, golfing or fishing or take out of town visitors to Butchart Gardens. Conversely, many seniors living on one of the Islands or the Sunshine Coast travel to the mainland to attend specialist appointments, undergo medical procedures, visit grandchildren, attend the theater or sports events. Seniors very often must reach Vancouver for travel to YVR or board cruise ships in Vancouver. BC Ferries form an integral part of some seniors' transportation needs, and having worked the majority of our lives to be finally able to have some down time, prefer to travel weekdays when traffic lineups are less.*

*We believe the increase in ferry fares is a real hardship to those seniors living on a modest pension. .*

*We would greatly appreciate if you would take our concerns into consideration and reinstate the free ferry rates for seniors from Monday to Thursday.*

*Sincerely,  
(The Executive)*

## It's a tough life...

(but somebody's got to do it) - look who was vacationing all at the same time in Palm Springs in early March. They met for Happy Hour and one of them sent me some snaps.



L to R

Rina Luchin, Ishbel Kennedy, Anne Harder, Joe Lakatos, Sherry Barker, Heather Trenholm, George Matheson

I am told that to top it off, Ralph McGinn, Bev Gelhorn and Fran Burgess were also down there at the same time but were unable to make the photo shoot.



Pictures courtesy of Ishbel Kennedy (as well as our front cover photo)

# Upcoming Event



Lunch and a visit to **River Rock Casino**

Date and time: July 9, 2014 at 11:30

Meet at the door of the buffet lunch

### Luncheon at The Buffet

The Buffet is a 260-seat restaurant, located above the casino floor that features sensational views of the Fraser River. With culturally diverse, traditionally-inspired dishes highlighting local produce at its finest and a menu that's always changing, The Buffet will please the most discerning of palates.

Senior Rate: \$16.25 (tip not included)

### Transportation

The casino is served by Bridgeport Station on the Canada Line Sky Train, located across from the casino. Bus service is provided via bus routes within walking distance of the casino. The casino is located about five minutes from the airport and is also adjacent to Highway 99.

**The River Rock Casino Resort** in Richmond, BC is the largest casino in the province of BC and is situated on the banks of the Fraser River with a 144-berth marina. The casino was built on the site of the former Bridgeport Market in Richmond



## Reminder

**THE "B" SOCIAL CLUB** allows members of the Association to participate in their sponsored "offers" and events.

### PLAYLAND DISCOUNT TICKETS

WorkSafeBC 2014 Online Promotion Code is **mc67rh8C**. This promotion code will enable employees (and retirees) to purchase discounted tickets for Playland, Fright Nites at Playland and other select special events held at the PNE, such as Disney on Ice. Visit the Group Sales Online Ticket Program Events Web Page

[www.pne.ca/groupsales](http://www.pne.ca/groupsales) <<http://www.pne.ca/groupsales/index.html>> to purchase tickets for the event of your choice.

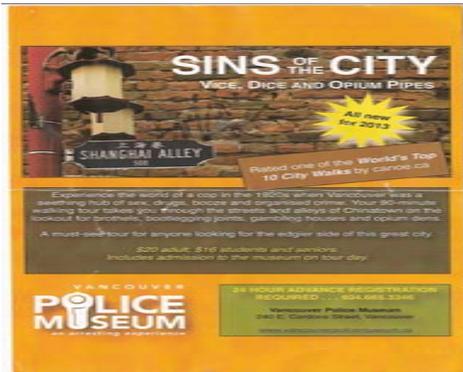
### DISCOUNT MOVIE TICKETS

Famous Players "Admit one" movie tickets are available on a "first come first serve" basis. Please contact Sally Melo of the "B Social Club" at [Sally.Melo@worksafebc.com](mailto:Sally.Melo@worksafebc.com) to order tickets and arrange for payment and pickup. Sally will be placing an order in June and your name will go on the waitlist.

### FOOTBALL TICKETS

Contact Hermon Tesfaghebriel [Hermont@bclions.com](mailto:Hermont@bclions.com) directly.

Sins of the City Tour



This looks like a lot of fun. Located at 240 East Cordova Street between Main and Gore on the edge of Gastown.

The Vancouver Police Museum calls this an arresting experience!

The brochure says “experience the world of a cop in the 1920’s when Vancouver was a seething hub of sex, drugs, booze and organized crime. Your 90 minute walking tour takes you through the streets and alleys of Chinatown on the lookout for brothels, bootlegging joints, gambling houses and opium dens”.

Cost: \$16 for seniors, which includes admission to the Police Museum on tour day.

We are tentatively planning this for Sept. 17.

Further details will be in our next issue.

Fraser Downs Racetrack & Casino

This looks like fun too and I've done the homework for you about harness racing, but I have to put that in the next issue.

Date: approximately November 2

Time: 11:45—meet in the Homestretch area.

Afternoons | \$16.50 (+tax)

Doors Open at 11:45am

Buffet: 12:15pm – 2:15pm

First Race at 12:45pm

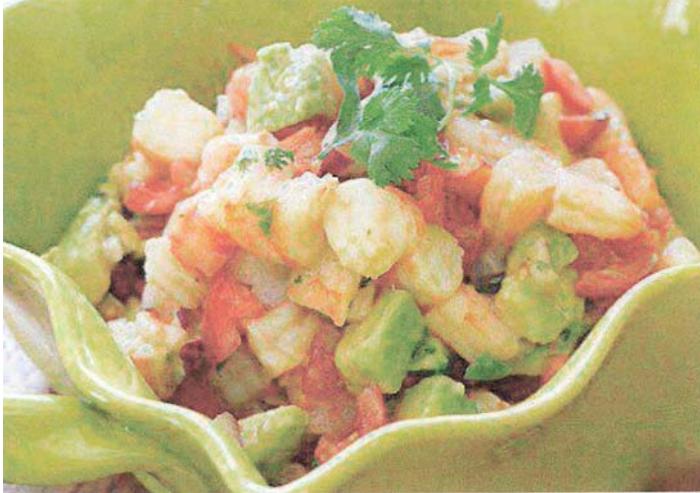
The Homestretch buffet features a salad bar, a selection of specially prepared hot dishes, a delectable carving station and a tasty array of desserts.

Further details again will be forthcoming in the next issue of the newsletter.



Huh? My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

## Lime Shrimp and Avocado Salad



\*Recipe courtesy of the Heart & Stroke Foundation web site

### Ingredients

1 lb jumbo cooked shrimp, peeled and deveined, chopped  
 1 medium tomato, diced...  
 1 avocado, diced  
 1 jalapeno, seeds removed, diced fine  
 1/4 cup chopped red onion  
 2 limes, juice of  
 1 tsp olive oil  
 1 tbsp chopped cilantro  
 salt and fresh pepper to taste

### Directions

In a small bowl combine red onion, lime juice, olive oil, pinch of salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion.

In a large bowl combine chopped shrimp, avocado, tomato, jalapeno. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.



### *The Rugged Outdoor Woman*

During her physical examination, a doctor asked a retired woman about her physical activity level.

The woman said she spent 3 days a week, every week in the outdoors.

"Well, yesterday afternoon was typical; I took a five hour walk about 7 miles through some pretty rough terrain. I waded along the edge of a lake.

I pushed my way through 2 miles of brambles. I got sand in my shoes and my eyes.

I barely avoided stepping on a snake. I climbed several rocky hills.

I ran away from an irate mother bear and then ran away from one angry bull Elk.

The mental stress of it all left me shattered.

At the end of it all I drank a scotch and three glasses of wine.

Amazed by the story, the doctor said, "You must be one heck of an outdoor woman!"

"No," the woman replied, "I'm just a really, really bad golfer".

### Contact Us

#### Social Committee

Margaret Perry  
604-583-0025

#### Phone Committee

Rina Luchin  
604-253-8547

#### Treasurer

Carol Sallenback  
2555 127<sup>th</sup> St.  
Surrey, BC V4A 6J8  
[csallenback@me.com](mailto:csallenback@me.com)

#### Newsletter Editor

Wendy Pantages  
[wpantages@telus.net](mailto:wpantages@telus.net)

#### General Inquiries

[info@wcbra.com](mailto:info@wcbra.com)

#### updated web site

[www.wcbra.com](http://www.wcbra.com)



### Calendar of Events for 2014

**Wed July 9** at 11:30 Lunch and Gambling  
*River Rock Casino*

**Wed Sept. 17** *Sins of the City Tour*  
\*date to be confirmed

**Wed Oct. 8** *Semi-Annual AGM*  
*art show/meeting/*  
*lunch*

**Sun Nov 2** at 11:30 *Harness Races* in  
Cloverdale  
\*date to be confirmed

**Wed Dec. 10** *Christmas Lunch* at  
Marine Drive Golf  
Club

### Welcome Mat

BURN, Bruce  
HOMER, Robert  
JACKSON, Alex  
MACCALLUM, Sheila  
MICK, Joanne  
MIKULUS, Vicky  
MORABITO, Tom  
O'BRIEN, Bert  
SALOMON, Ian  
STONEBURGH, Connie  
WARD, Don



### Reminder to Area Office Retirees

The social committee would like to remind those retirees living outside of the Lower Mainland that when you are planning a WCB retiree event in your area, funds are available for prizes or room costs.

Also remember that we would be glad to post news of your event on the web site and/or the newsletter.

For more information, contact us at [info@wcbra.com](mailto:info@wcbra.com)



### In Memoriam

**IMMERZEEL, Jo**  
**DYDE, Dona**