



RETIREES ASSOCIATION

Inside this issue:	Pg
New Members	1
Current Executive	1
AGM lunch and menu	1, 3
Guest Article	4
Christmas Photos	5
In Memoriam	6
Contact Us	6

Annual General Meeting

Date: April 17, 2013
Location: WorkSafeBC (WCB)
 6951 Westminster Hwy.,
 Richmond, BC
 (use the "old Rehab" entrance at the top of the ramp)
Time: 11:30 a.m. coffee/tea
 12:00 p.m. lunch
 1:00 p.m. Meeting
 Door Prizes



Current Executive

Maryanne Schulz	President
Ralph McGinn	Past 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

Welcome Mat

BOUTER, Sharon
 SCRIGNER, Karen
 HART, Richard
 KENSSETT, Debra
 ORLANDO, Dan
 THOMAS, David
 SPENCER, Gary



Special points of interest:

- 2013 Calendar of Events
- AGM/Lunch
- New members
- In Memoriam
- Upcoming Retirements

Notes from the Editor



We're already coming into spring, so it seems a little odd to publish pictures of our annual Christmas lunch, nevertheless take a look, and consider going to the 2013 party. It's a terrific deal for the price!

Just a reminder that your membership dues at the astronomical price of **\$5.00 are due**—please either pay at the AGM on April 17 or, if you are unable to attend, send a cheque directly to Carol Sallenback to keep your membership current and to continue to receive your newsletter.

We are fortunate to have another article submitted, this time by Sid Fattedad, on his fall 2012 visit to Hong Kong. I hope more and more readers take a few notes on your trips, courses you take, wineries you visit – anything that you do - and send them to me.

We all find these journals fascinating. And remember, there are lots of us who either do not or cannot travel anymore, and the stories are what links us together; we get to know one another better and see what we're doing in our retirement.



And finally, think about serving as a Director on the Board of the Retiree Assn. as it appears there may be an opening (or two) coming up. Elections will be held at the AGM. The Board meets for lunch once per month to plan events. We need **you!**



Hi Wendy,

I think you and the newsletter group are doing a fantastic job. The articles in regards to how active people are in their retirement are excellent.

It's amazing how many of us have been very successful in taking on new tasks in our retirement.

Keep up the good work!

John Rawkins

Penticton

Excellent and informative news letter.

With appreciation,

Bob (Bucher)

Carol: You did a wonderful job of the newsletter. It is always nicely laid out.

Gloria Dolhon

Thank you for the kind words about the newsletter. However, I must tell you that I had nothing to do with it. Wendy Pantages is our editor....Carol

Congratulations on a great news-letter.

Kind Regards,

Richard Bourgoyne

Absolutely beautiful news letter!!

So nice to see how everyone is doing!!

So sorry can't make our Christmas Lunch! I'm afraid the last few lunches happen to fall on a day that I work! The menu looks great! Hope you have a wonderful Christmas!

Donna

Thanks to these members who sent an encouraging word—and I'm open to suggestions and criticisms too!
- Wendy



AGM Lunch April 17, 2013

Lunch Menu

Grilled Breast of Chicken - Roasted Mushroom Cream Sauce
Herb Baked BC Salmon - Tarragon & Lemon Buerre Sauce
Rice & Steamed Vegetables
Mixed Green Salad & Assorted Dressings
Assorted Mini Squares & Cookies

Coffee & Tea

Cost: \$16.00 per person

Price includes the tip & HST



The Phone Committee will be contacting you to remind you of the date and to confirm a lunch ticket. **Money to be received** by Carol Sallenback **by April 3.**

Please make cheque payable to Carol Sallenback and mail directly to her at:
2555 127th St., Surrey, BC V4A 6J8.

Come join us at the AGM!

**Laughter—the best
medicine**



Exercises for People Over 50

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each bag.



I promised Carol Christopher that I would post a short essay on our trip to Hong Kong. We left Vancouver on October 6, and the flight over on Air Canada Executive Class was smooth and comfortable lasting slightly over 14 hours. Having taken this flight to Asia many times, it came as no surprise that the entire journey was in daylight as the aircraft chased the sun westward. For those travelling long distances, it is always better to head west than east as jet lag seems to be less dire than when flying away from the sun. Arriving into Hong Kong in the late afternoon, we took the ultra fast and comfortable airport train for the 26 minute two stop ride into central Hong Kong station for an inexpensive price of HK\$80 roughly equal to C\$10. This compares reasonably well with our 26 minute Canada Line airport to downtown ride with 9 stops for C\$12. The other difference is that the train terminal in central Hong Kong station is serviced by connecting buses, taxi stands, subway access making it a wonder compared to Terminus Station!

We stayed at the Conrad Hotel in Pacific Place that is an oasis in the hustle and bustle of Hong Kong's central business district. It is just a short taxi ride up the hill from my 96 year old mother with whom we visit once a year. As her age no longer allows her to venture out every day, our vacation in Hong Kong involved taking her out for lunch or dinner at the Hong Kong Jockey Club in Happy Valley or to one of the local restaurants that she relishes visiting whenever we are there. We also took her to the Beas River Jockey Club located near the Chinese border in the new territories for lunch one day which she thoroughly enjoyed.

Over the years, our visits to Hong Kong have always given us insights into the changing economies and lifestyles of Asia. I recall the invasion of Japanese tourists of the 80's, the influx of mainland Chinese tourists over the past ten years and now the visible emergence of Russian tourists to the City. Shopping is still the big thing in Hong Kong while side trips to quaint tourist spots such as Stanley Village and the Peak are still perennial favorites. Our favorite is the 30 minute walk around the top of the peak in the early morning hours before the crowds arrive. Another spot to visit is Discovery Bay where cars are not allowed and people get around on foot and electric golf carts!

We were in Hong Kong just a week after the tragic sinking of a pleasure cruise ferry in Hong Kong that resulted in dozens of fatalities. The incident involving two ferries was caused by the lack of anti-collision devices on these ferries which would have prevented the tragedy. Coming from WorkSafeBC, this prevention step seems like such an elementary thing for the regulators to have mandated long ago!

Sadly, I had to cut our trip short by a few days as I developed a severe toothache one evening and by morning, the throbbing was bad enough for me to seek emergency dental treatment in Hong Kong. I was given a root canal treatment that cost about C\$350 and had to return to Vancouver to have the procedure completed by my own dentist!

Travel insurance covers only a fraction of this cost so those of you thinking about overseas travel should be aware of this.

Our return to Vancouver on Air Canada was an adventure. On the morning of Thursday October 18, I tried to advance our flight departure by five days by calling Air Canada in Hong Kong. I was told that the flight was cancelled. Found out later that a bird strike in Vancouver had disabled the aircraft coming to Hong Kong. It wasn't until Saturday October 20 that we were able to be accommodated on a flight back departing at 11 a.m. When we arrived at check-in, the flight had been delayed to midnight but Air Canada was good enough to put us up for the day at the Airport Hotel. We decided to play golf at the airport golf course and the afternoon aped by pleasantly. Our flight back was very comfortable as there were only 38 passengers aboard! This was probably the most unprofitable flight in living memory for Air Canada, but if you were a passenger, the cabin air was noticeably fresher and the service was superb!

We arrived back in Vancouver on October 20 just in time for the last days of the Indian Summer! Oh yes, and to the awful effects of jet lag!



Sid Fattedad

Christmas Lunch 2012

72 members attended the Christmas Lunch on December 12, 2012, at the Marine Drive Golf Club. This is a beautiful setting for the event and the buffet was delicious.

WorkSafeBC was represented by Mr. David Anderson, President and CEO, who provided us with a brief overview of current happenings and touched on several issues which had recently been in the papers.



Looking ahead, the venue has again been booked for our next Christmas Lunch on **Wednesday, December 11, 2013**. 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**. We thank the ongoing behest from the estate of Earl Gallagher for the use of these facilities.



Contact Us

Social Committee

Margaret Perry
604-583-0025

Phone Committee

Rina Luchin
604-253-8547

Treasurer

Carol Sallenback
2555 127th St.
Surrey, BC V4A 6J8
csallenback@me.com

Wendy Pantages,
Newsletter
info@wcbra.com or
wpantages@telus.net

View the Website at WCBRA



Calendar of Events

AGM Wed, April 17, 2013

Business Meeting/Art Show

Wed, Oct. 16, 2013

Christmas Lunch

Wed, Dec. 11, 2013
at Marine Drive Golf
Course

Rumour Has It



Upcoming Retirements

Dave Elviss, Disability Awards Officer Supervisor and past president of Helping Hands will be retiring April 16, 2013.

Afternoon tea on April 16, 2013 from 2:00 to 3:30 pm in the 4th floor Boardroom.

Contact Harmony Touchet 604-276-3246 or Sairoz Tejani 604-231-8855

After work celebration on April 25, 2013 from 5:00 to 8:00pm at the Richmond Curling Club (appetizers will be served). Cost per person still to be determined.

Contact Debra Leisz 604 – 276-3315 or Diane Morley 604–231-8370

Sherry Barker—May 10, 2013; Richmond Curling Club. Contact Judy Boon 604-231-5838



In Memoriam

CHAPPELL, Frank	Jan.5, 2013
HEASLIP, Norman	Nov.12, 2012
MacLEOD, George	Jan.1, 2013
MUMA, Ruby	Oct.21, 2012
LANE., Robert (Bob)MD,CCFP.	Dec.31,2012
SCHMAUTZ , Dawna	Oct 14, 2012
HORA , Sharon	Dec 1, 2012
MCLELLAN, Robert Bryant	Dec 1, 2012