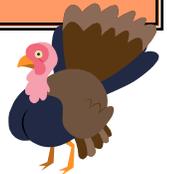


WCB RETIREES ASSOCIATION

Thanksgiving Edition



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**Semi-Annual Luncheon
with Art and Hobby Exhibition**

Date: Wednesday, October 8, 2014

Location: WorkSafeBC (WCB)
6951 Westminster Hwy.,
Richmond, BC
(use the "old Rehab" entrance at the top of the ramp)

Time: 11:00 AM coffee/tea/Art and Hobby Exhibit
12:00 PM lunch
1:00 PM meeting

Cost: \$16.00 per person

Guest Speaker: Lisa Hansen from Johnson Inc. re travel insurance

Door Prizes Galore

Special points of interest:

- 2014 Calendar of Events
- Semi-Annual Meeting/ Lunch/Art Exhibit
- Christmas Lunch
- BC Senior Games



WELCOME MAT

HOY, Dianne
McGUIRE, Kathy



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 |

Sins of the City Tour

Vice, Dice and Opium Pipes

Date: Wednesday, September 17, 2014

Time: 1:00

The Vancouver Police Museum calls this an arresting experience!

The Walking Tour

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.

The walking tour will last approx. 2 hours and it is done at a leisurely pace. You can tour the police museum on your own either before or after the walking tour.

The Vancouver Police Museum

The museum is located at 240 East Cordova Street, one block north of the intersection of Main Street and Hastings Street.

There is a bit of a climb to get up to the office where we all have to assemble—no elevators—as this is an historic building and was once the old Coroner’s Court and the City Analyst’s Laboratory.

The museum houses a collection of approximately 20,000 objects. This includes archival documents, photographs, publications, confiscated firearms and other weapons, counterfeit currency, and a various other artifacts and memorabilia, of which an estimated 40% is on display. There is also a gift shop.

Transportation

For those taking a car, there is limited parking (meter parking) on the street for a maximum of 2 hours. There is also an “Easy Park” site approx. 2 blocks away on the corner of Carroll and Cordova. Public Transit would be recommended. There is extensive metered parking in the blocks surrounding the museum, costing \$1 per hour. Cordova Street is a one-way, eastbound street.

Walking

The web site says patrons are encouraged to walk to the museum through historic Chinatown, just ten minutes away, travelling east on Pender Street to Gore Street, and two blocks north to Cordova Street. From Gastown, you can take a seven minute walk east from Gassy Jack’s statue along Powell Street to Gore Street, then one block South to Cordova Street. *Hastings Street is not a preferred walking route.*

Transit

The #4 Powell and the #7 Nanaimo bus routes operate from **Granville Street** or **Waterfront** Skytrain Stations and both stop half a block from the museum. Numerous additional bus routes travel along nearby **Main Street** and **Hastings Street**. Visit [Translink](#)’s website or call 604-953-3333 for additional route, fare and schedule information.

Confirmation is required by September 1st to book the tour as there is a minimum number of 6 and maximum of 20 required. **Please call Rina Luchin at 604-253-8547.** Money to be paid at the door. Meet 1:00 in the office at the top of the stairwell in the Museum.





Not all of the letters that come in are to the Editor. Several of the letters are sent directly to Carol Sallenback as treasurer or by e-mail to our secretary, Carol Christopher. They kindly forward some of them on to me so I may share with you.

Ken Beddie wrote a letter to Carol Sallenback enclosing his membership dues, and while the first part of the letter is more of a funny personal note, Carol thought Ken wouldn't mind if I include the rest of the letter which states: "Enjoy seeing the picture of the various retirees in the newsletter. Would it be possible to put names with the photos? I imagine some people, like me, have aged and I may no longer recognize them (even with my glasses on!) Thanks so much for doing the Treasurer's job."

- Ken Beddie

Good presentation Carol, I liked it.

- Barb Smith, Penticton

(Carol Christopher replied: "Thank you for the nice comment. However, I am not responsible for the Newsletter. Our editor is Wendy Pantages and I agree, she does a fantastic job. I just mail it out...")

Dear Carol

Enclosed please find my membership dues... I enjoy and look forward to receiving the newsletters and seeing the pictures of other "oldies" and all the lovely and interesting activities of our Retirees "Young" Club. Lots of great memories too. Thanks and appreciation.

- Ilana Strummer



Hi

I just thought I would send a note of thanks for this terrific newsletter. We have a place up in Sechelt and I am not always around to attend the events, but I love this Newsletter.

Thanks so very much. I know how much work it is.

- Sandra Michaels

Hi Wendy

I just finished reading the newsletter and thought I'd tell you how much I enjoyed it. Thanks for doing this (and I especially liked the recipe you included. Good thinking!)

- Marge Wilke

Hi Wendy

First, I want to thank you for all your hard work throughout the year on getting the newsletter assembled and sent out. I look forward to reading it.

In the most recent newsletter you noted the absence of a name for it and asked for suggestions. The work COMPOSITION came into my little pea brain...??? I won't be the least offended if you laugh outright at the idea and move on something more imaginative, romantic or endearing!!!

I hope all is going well for you and your family. Have a great summer! Cheers,

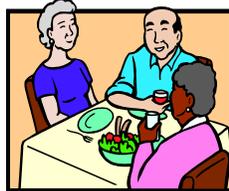
- Bev Gelhorn



A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Art Exhibit



Lunch



Meeting

Semi Annual Lunch October 8, 2014

The **Phone Committee** will be contacting you to register your attendance. Please send a cheque payable to Carol Sallenback, 2555 -127th St., Surrey, BC V4A 6J8 in the amount of \$16.00 no later than September 30, 2014.

Lunch Menu

Grilled Breast of Chicken - Roasted Mushroom Cream Sauce

Herb Baked BC Salmon - Tarragon & Lemon Buerre Sauce

Rice & Steamed Vegetables

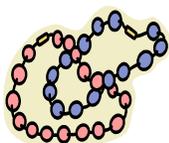
Mixed Green Salad & Assorted Dressings

Assorted Mini Squares & Cookies

Coffee & Tea

Cost: \$16.00 per person

Price includes the tip & Tax



Co-Ordinator: Margaret Perry

Telephone: 604-583-0025

E-mail: mgm_cons@hotmail.com

If you wish to display any of your hobbies or art projects at the Semi-Annual AGM on October 8, please contact Margaret to book a table. She must co-ordinate this with facilities beforehand. We have some new exhibits being shown this year but there is room for many more—such as **quilting**, **knitting**, **needlework**, **jewelry making**, **beading**, **small wood working projects**, **flower arranging**, **ceramics** etc. There is a tremendous talent base in our Retirees who finally have the leisure time to explore their potential. Please share with us!





Anne Rogers

Anne has presented her work before, and we are fortunate in that she will be showing two new paintings.

Grace Hoyrup

Grace retired in 2010 after 33 years with WorkSafeBC. Grace has also presented her work before and paints in acrylics. She will bring two new paintings for viewing.

Larry Christopher

Larry has been interested in photography for many years and creates photo books of various interesting people, places and objects such as at Butchart Gardens, the “cruise” the retirees went on a few years ago and a trip to the tulip fields in the U.S. Larry has been retired since 1999 from Telus where he was a Systems Manager and is the husband of Carol Christopher, Secretary and Director of the Retiree Association

Gary Spencer

Gary started working for WorkSafeBC in 1988 and worked in ISD as a Systems Analyst. He worked on many computer systems such as the Pension System and E-file. Gary joined the executive of the Retiree Association this year and is our Web Master and keeps our web site up to date. Gary will be presenting information on accessing genealogy information, how to do an Ancestry search, and how to do your family tree.

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 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 to order tickets and arrange for payment and pickup.

FOOTBALL TICKETS

Contact Hermon Tesfaghebriel Hermont@bclions.com directly.



Notes from the Editor

I know, you’re thinking **Thanksgiving Edition?** It’s August as I’m putting this together and the middle of summer! However as we only publish four times per year, we are gearing up for our **fall semi-annual AGM** with the accompanying **art and hobby show**, plus there are a few social events planned that occur well before the Christmas issue will be out. The next issue (Christmas issue) will not come out until mid November so I had to get the information into this newsletter about the **Sins of the City Tour** in September and the **Harness Racing** early in November. So I’ve added some turkeys. The day at **River Rock Casino and Luncheon** at the Buffet in July was a great success with about 20 people attending and everyone had a lot of fun.

Date: November 2, 2014
Location: Meet in the Homestretch area
Time: 11:45
Cost: \$20.00 (which includes gratuity) Coffee and tea not included
Buffet: 12:15 pm – 2:15 pm

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

First Race at 12:45 pm

Please send a cheque payable to Carol Sallenback, 2555—127th St., Surrey, BC V4A 6J8 in the amount of \$20.00 no later than September 28, 2014 to confirm your reservation.

SULKY RACING

(a Brief History for Novices so you can sound like a Pro)

RACE TRACK AND CASINO

Located in the heart of historic Cloverdale, [Fraser Downs Racetrack & Casino](#) features a great combination of live horseracing and exhilarating casino action. The race track is 5/8 mile in length. The casino has over 460 slot machines, your favourite table games, and a great selection of dining options – most with stunning views of the track so you won't miss a minute of the action. Horseracing enthusiasts can enjoy live, Standardbred action from October through June.

HARNESS RACING

Harness racing is a form of horse racing in which the horses race at a specific gait (a **trot** or a **pace**). They usually pull a two-wheeled cart called a sulky. The sulky (informally known as a "bike") is a light, two-wheeled cart equipped with bicycle wheels. The driver (not a "jockey", as in thoroughbred racing) carries a light whip chiefly used to signal the horse by tapping and to make noise by striking the sulky shaft. There are strict rules as to how and how much the whip may be used; for exercising or training, the drivers use what is known as a "jog cart," which is a sulky that is heavier and bulkier than a racing unit.

In North America harness races are restricted to **Standardbred horses**. Standardbreds are so named because in the early years of the Standardbred stud book, only horses who could trot or pace a mile in a *standard* time (or whose progeny could do so) were admitted to the book. They have proportionally shorter legs than Thoroughbreds, and longer bodies. Standardbreds generally have a more placid disposition, due to the admixture of non-Thoroughbred blood in the breed.



The attached letter was forwarded to the Retiree Association by Sarah Strachan of WorksafeBC and is a request for volunteers at the upcoming Seniors Games to be held in Langley from September 9—13, 2014.

June 8, 2014

Dear (potential) Seniors Games Volunteer,

I am very excited to invite you to be part of the Langley 2014 BC Seniors Games: <http://www.2014bcseniorgames.org/>. The Games are being held in the Township of Langley and in the City of Langley from September 9-13, 2014.

As part of the Medical Services Directorate, I am seeking volunteers for the 18 venues that will house the 25 sporting events (*low, medium and high risk*) running from Wednesday to Saturday during Games week: <http://www.2014bcseniorgames.org/sport-and-events>.

We need physicians, nurses, emergency medical service providers, rehabilitation medical providers, athletic therapists, chiropractors, sports trainers as well as any untrained (*but keen J*) volunteers who are interested in helping with medical needs.

Yes ~ this volunteer-driven event is a huge undertaking. But, the prospect of welcoming over 4,000 participants and spectators from across the province and showcasing our community is huge! Our goal is to offer the best BC Seniors Games, yet. We want to provide seniors in BC the chance to highlight the benefits of healthy and active living ~ aging with strength, endurance and grace. We intend to leave a community legacy of participation, volunteer development and awareness.

I would like to personally extend this invitation to you to be part of this fabulous event. Please consider joining our Medical team by registering online at: <https://www.bcgames.net/Ing2014se/VolunteerModule/register.aspx>.

For more information, please contact:

Corry Anderson-Fennell, BC Seniors Games Medical Volunteer Coordinator:
o 604.599.2840 c 604.828-5232 e corry.anderson-fennell@kpu.ca

Sincerely,

C. Klimek

Connie Klimek RN

BC Seniors Games, Medical Venue Coordinator

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

Newsletter Editor

Wendy Pantages
wpantages@telus.net

General Inquiries

info@wcbra.com

updated web site

www.wcbra.com

Calendar of Events for 2014

- Wed Sept. 17 Sins of the City Tour**

- Wed Oct 8 Semi-Annual AGM**
Art and hobby show/ lunch/ Meeting

- Sun Nov 2 Harness Racing at Cloverdale**

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

Sign up to receive your newsletter via e-mail and send your e-mail address to either myself at wpantages@telus.net or info@wcbra.com



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



In Memoriam

SWANSON, Jack Deceased June 2014
ZURWICK, Ed Deceased May 2014