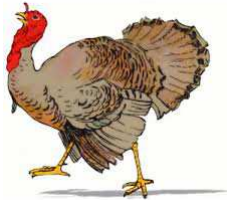


# WCB RETIREES ASSOCIATION



## Thanksgiving Edition

Semi-Annual Luncheon  
with Art and Hobby Exhibition

Inside this issue:	Pg
New Members	6
A Day at the Races	3
Current Executive	1
In Memoriam	6
B Social Club	2
Contact Us	6
Letters	2

**Date:** Wednesday October 14, 2015

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

**Time:** 11:00 AM coffee/Socializing/Art and Hobby Exhibit  
12:00 PM Lunch  
1:00 PM Meeting

**Cost:** \$17.50 per person \* - this includes tax and the tip

**Guest Speaker:** Kim Lucy of Viking River Cruises on cruising the Rhine and Danube and seeing medieval towns along the way

### Door Prizes Galore

#### Special Points of Interest

- 2015 Calendar of Events
- Semi-Annual Meeting/Lunch/Art Exhibit
- Christmas Lunch
- On the Road with TJ

#### Current Executive

Maryanne Schulz	President
Carol Christopher	Secretary
Carol Sallenback	Treasurer
Eldon Johnston	Director
Rina Luchin	Director
Margaret Perry	Director
Carole Peterson	Director
Wendy Pantages	Director, Editor
Loraine Fraser	Director, Web Master





## Notes from the Editor

Once again we're in the heat of summer—and what a hot, dry summer it's been! Forest fires, drought conditions, water restrictions, changes in ocean and river temperatures—and I'm trying to put out a Thanksgiving issue and think about fall and rain and turkey and Halloween and pumpkins and cooler climes—so a few turkeys are sprinkled throughout this issue.

Our **AGM** is coming up and the caterer has had to increase the price of the meal by a dollar—but it's still a great deal for the price—and remember, no tax. You couldn't eat at White Spot for that—plus you can attend the meeting and hear the key note speaker, meet old friends, look at some of our members' art projects and hobbies and win a prize! **Carole Petersen & Gina Holvick from Expedia CruiseShipCenters** have arranged a presentation on Viking River Cruises. The guest speaker is **Kim Lucy**, Director of Business Development for Viking River Cruises. The presentation will be phenomenal.

This issue we're fortunate to have an article by one of our members who went on an ambitious road trip with her little puppy—and which was huge by the time they got home!

Please remember to go into our web site—our web master Loraine is in the process of adding a new link to Health Canada and links specifically dealing with Healthy Living—Just for Seniors.



### Welcome Mat

MATUTE, Celia  
MORLEY, Diane  
MUIRHEAD, W. John  
OSLUND, Colleen



*I just read the retirees newsletter from April - June 2015. Very interesting, well done! I especially enjoyed the story of Maryanne's adventure thru the Pyrenees.*



- Lesley Bevis

**Lunch & Learn**—What are you going to do with the rest of your life?

On June 12 we facilitated a lunch & learn session for future retirees in the auditorium. Rather than bore them with our experiences and stories, we encouraged the audience to participate in a question and answer session where we presented what we think are pertinent questions and then enjoyed a lively discussion.

For fun we would like your thoughts and responses to the questions. We would love to know whether we have covered all the concerns facing new retirees, but please note our presentation was not to cover financial or medical concerns. Here are the questions:

- How will I fill my day?
- What are my strengths?
- What am I worried about?
- Am I afraid of change?

Our session was attended by about 40 people and taped for viewing by employees on WSN as part of their retirement planning.

So what do you think? If you'd like to share how you spend your time or what issues you faced when you first retired, please send your responses to Carol Christopher at [info@wcbra.com](mailto:info@wcbra.com).

Maryanne Schulz, President



Approximately 18 Members of our association attended and had a wonderful time on June 14, 2015 at the Races at Hastings Park. The buffet was amazing—members could have breakfast, then lunch and then dinner—as well as lots and lots of desserts! Some members went down to the track to watch the races close up instead of watching on their closed circuit monitors. I was told that watching the real thing next to the track isn't the same and you don't see as well—but then again there's the excitement, the cheering, the fresh air and camaraderie of fellow enthusiasts who placed a bet and are watching their horse come in, which is more exciting! And we had a winner!



Loraine Fraser, Rina Luchin



David Murphy, Bev Harwood



Peter Hopkins, Roak Citroen



Linda Jorgenson, Pam Price



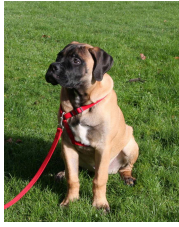
Werner Schulz, Maryanne Schulz



Vicky Mikulus

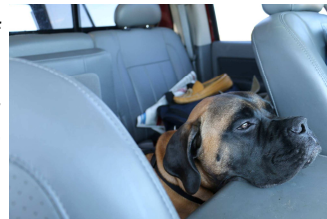
*Here's our winning voucher on an Exactor! A two dollar bet! We had a fabulous time at the races with the retirees. Thanks to all involved in the organizing! - Bev Harwood*





We left Maple Ridge under rain with husband Torben and little TJ (our 6 ½ month old Bullmastiff puppy with his pad/blankets and toys in the back seat of our truck) and stopped in Bellingham to pick up dog food and fuel. We headed south on I-5 to Everett, WA, turning onto Highway 2 to North Bend, then continued east onto I-90 to Ellensburg for lunch. Still raining and going through Snoqualmie Pass with snow and slush at sides of road but traffic is light and the years of construction are now completed in this area. From Ellensburg we headed south onto I-82 to Yakima, WA, then US 97 south to Toppenish to Biggs Junction crossing over the scenic Columbia Gorge. A true replica of Stonehenge is located here as a dedication to the local men who served and died in WW1. We continued on Highway 97 towards Madras, OR Travelling through many old farming communities on the old Oregon Trail and with clear crisp skies we could see the Cascade Mountain Range that includes Mts. Hood, Jefferson, Three Sisters, Adams, St. Helens & Rainier. Through the Yakima Indian Reservation you can see many herds of horses on the hillside. We stopped at Madras, Or. for the night. Drove south to Burns via Highway 20 then to Burns Junction and arrived at Winnemucca, NV for two nights' stay. Little TJ is travelling well and sleeping most of the time. We took a side trip to Paradise Valley 40 miles north-east of Winnemucca to travel back in time to see old historic buildings & cemetery of this quaint jewel town high up in the Nevada desert where many Basque settled in the late 1800's including the Apaches. We did take in a bit of gambling at the nearby Casino. Next we headed east to Battle Mountain then south on Hwy 305 to Austin, NV. Side trip from Route 305 to Manhattan (elev. 7,000'), a very old mining town including a bank built in 1906 with the old vault still intact. A lone antelope bounded just in front of our vehicle crossing the highway. From Hwy 305 to US 376 to Tonopah where we spent the night with hopes of getting photos of the night sky but alas the clouds moved in. At our hotel (which included a museum), dogs were allowed almost everywhere, including the casino, where little TJ was a big hit greeting patrons while his masters gambled a few dollars. This hotel offers a spin of the dice for a free room!

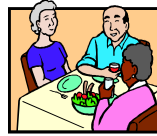
Heading south of US 95 from Tonopah to Beatty, NV to Hwy 373 to Armargosa Valley passing the 'Big Sand Dune to Death Valley Junction (where the old Armargosa Opera House is located) through Death Valley to Baker, CA where the temperature is now 28C. We crossed over the Interstate into the Mohave Desert Preserve and stopped at Kelso's restored train station (1905-1986) for lunch. Nearby are the Kelso Dunes (45 sq. miles and elevation 650'). We continued to Amboy with temperature now 35C. We reached Palm Springs, our destination for 4 days. We dropped TJ off at a lovely dog care facility to give him relief from the heat and a mini vacation for him. He was reluctant to come home with us at night! Daily swims and side trips to the Living Desert with an assortment of wild desert animals (saw a red racer cross in front of us while strolling the grounds) and a visit to Salton Sea filled our days with exploring the area. We drove around Rancho Mirage, Palm Springs, and Cathedral City and found this area very busy. We left Palm Springs via I-10 and turned off at Joshua Tree Park where little TJ picked up some caterpillars that were quickly removed from his mouth. Then onto I-40 east to Needles, CA where we took the scenic road on the west side of the Colorado River to Laughlin, NV and stopped at Bullhead City, AZ for a few nights. We met up with Torben's cousins visiting from Denmark for some fun at the casino, shopping, a trip to Oatman (where wild burros roam free in town) and a boat tour on the Colorado River. Little TJ not feeling well so was taken to a local Vet Clinic for treatment and within two days is feeling back to normal. Not sure if the heat was some dis-easily to see the cousins way to Las headed to the caterpillars or causing him tress. We got up the lunar eclipse. continued on their Vegas and we Kingman, AZ, then to Flagstaff, Williams (now 9C) onto Hwy 64 to the Grand Canyon and stopped for pictures, then east to Cameron and north on 89 to Page, AZ. This route is very scenic with the photogenic Horseshoe Bend. We drove to 89A to Bitter Springs crossing the Colorado to Lee's Ferry then Jacob Lake but found the road into the north side of the Grand Canyon still closed for winter. We continued to Carmel and entered Zion Nat'l Park to get to St. George then onto I-15 through the Virgin River Gorge (beautiful area) where we spent the night at Mesquite, NV. We continued to Las Vegas then to Beatty and followed the same roads home. Little TJ survived his first big road trip and was the star attraction wherever we went!







Art Exhibit



Lunch



Meeting

## Semi Annual Lunch October 14, 2015

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 \$17.50 no later than [October 2, 2015](#).

### *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: \$17.50 per person*

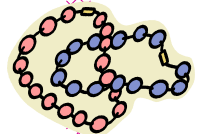
*Price includes the Tip & Tax*



### **Art Show Coordinator: Margaret Perry**

Telephone: 604-583-0025

E-mail: [mgm\\_cons@hotmail.com](mailto:mgm_cons@hotmail.com)



If you can display any of your hobbies or art projects at the Semi-Annual AGM on October 14, please contact [Margaret](#) to **book a table**. She must co-ordinate this with facilities beforehand. We are hoping to have a variety of exhibits this year, and there is room for your arts and hobbies —such as [quilting](#), [knitting](#), [needlework](#), [jewelry making](#), [beading](#), [small wood working projects](#), [flower arranging](#), [ceramics](#), [making slideshows](#), [cushion design](#), [one pot menus](#), [book self-publishing](#). There is a tremendous talent base in our Retirees who finally have the leisure time to explore their potential.

**Please share with us!**



**Please note:** for Retirees who take the Handy Dart to the luncheon, please contact [Rina](#) beforehand at 604-253-8547 or by e-mail at [rluchin@telus.net](mailto:rluchin@telus.net). She will arrange for you to be allowed access from the South Entrance in the Main Building and escorted to the “old Rehab” entrance. This must be coordinated with Security.



**Contact Us**



**Social Committee**

Margaret Perry  
604-583-0025  
[mgm\\_cons@hotmail.com](mailto:mgm_cons@hotmail.com)

**Phone Committee**

Rina Luchin  
604-253-8547

**Treasurer**

Carol Sallenback  
2555 127th 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)

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

**PLAYLAND DISCOUNT TICKETS**

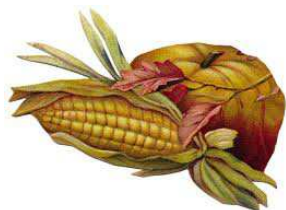
WorkSafeBC 2015 Online Promotion Code is **mc67rh8c**. This promotion code will enable employees (as well as retirees) to purchase discounted tickets for Playland, the PNE, Fright Nights, and other special events at Hastings Park, such as Disney on Ice. To purchase tickets online, visit the PNE group sales online Ticket Program Events Web Page [www.pne.ca/groupsales](http://www.pne.ca/groupsales) to purchase tickets for the event of your choice. Then just follow the on-screen instructions.

**Soccer:** Ticket inquiries can be made to [Ernest.Salcedo@worksafebc.com](mailto:Ernest.Salcedo@worksafebc.com)

**Football:** Tickets are available for the following two games:

- **Sunday, September 13<sup>th</sup> vs. Ottawa REDBLACKS at 1pm**
- **Saturday, October 3<sup>rd</sup> vs. Saskatchewan Roughriders at 4pm**

Ticket inquiries can be made directly to Filip Vukadinovic of the BC Lions Football Club. ([filipv@bclions.com](mailto:filipv@bclions.com)). telephone: 604-930-5455 The promo code is "WORKSAFE" and the web page is <http://bit.ly/1BUUWxG>



**Calendar of Events for 2015**

Wed Oct 14	Semi-Annual AGM/Art & Hobby Show/Lunch Meeting
Tues Dec 8	Christmas Lunch at Marine Drive Golf Club



**In Memoriam**

MacDonald, Jack  
McElwain, Keith  
Morris, Tom  
Murdoch, Dr. John