

Federal Superannuates National Association

Nanaimo & Area

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May 2004



NEXT MEETING Thursday 17th June , 2004 * In Parksville *



Location: Meeting Room, Bayside Inn (formerly Best Western Bayside), 240 Dogwood St., Parksville. (Dogwood St. is on the North side of Island Hwy in downtown Parksville, across from Travelodge, 424 W Island Hwy.) Doors will open at 10 a.m.

Following a short business meeting, a lunch of Soup of the day, Chicken Breast a la Swiss, fresh vegetables, roasted potatoes, and dessert will be served at tables. Cost will be \$15.00 person, taxes and gratuities included.

Guest speaker for this meeting had to withdraw at the last moment and a replacement has not yet been finalized. As usual, we will try to arrange someone who has information of interest to us all.

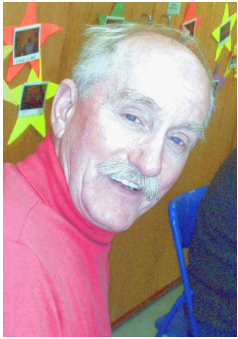
You will be asked by your local telephoner if you plan to attend and reserve your meal and, if you do, you are reminded of our cancellation policy. As we are required to pay for all meals we order, if you find you are unable to attend, you are asked to cancel your reservation to avoid being charged for the meal. To do so, please call **Pat Mason** at 753-6008 or **Barb Campbell** at 954-0733. The last date for cancellation to avoid billing will be Thursday, 10th June, 2004.

DON'T FORGET YOUR NAME TAG!

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FROM THE PRESIDENT



As summer is on the horizon, we are looking forward to what will be a good time for us all. The Branch will still be active on your behalf.

This is our second Newsletter of the year and I hope it will be as informative and well received as our first. It's new format and layout was appreciated by all that read it and was lauded by National President Rex Guy as professional, informative, accurate and a pleasure to read. A special thanks goes out to Ron Gladstone and Vic Ashdown for their efforts in this regard. We commenced our e-mail version with that issue and will continue to do so in the future. Anyone wishing to receive the newsletter via the Internet can contact Ron or Vic. Also it will be in living colour and will save us considerable resources in time and money.

Our last General Meeting of 18 March 2004 was well attended even with the rather inhospitable weather of the day. I would like to extend our thanks to all who attended and made it a truly useful event. Our guest speaker was Susan Abermann the Area Director, Seniors Community & Primary Care Programs, of the Central Vancouver Island Health Authority (CVIHA). Her talk was informative and I hope, useful to us all. I would like to extend our thanks to her. We have decided to return to the previous format for the next meeting. Program Directors will present their own reports.

Bob Hoogerbrug

It seems appropriate to add to our President's message, the following poem by Karen Shepard, recently received from the Nanaimo Seniors' Village by Esther

Through Your Eyes

Through your eyes,
People see things they have never seen.
Through your words,
People hear things they have never heard.
Through your spirit,
People are taken on a journey of discovery,
Take your own journey,

Become a volunteer

Karen Shepard



FINANCIAL STATEMENT

as at 12 Apr 2004



ASSETS

Bank Balances	2386.83
Petty Cash Balance	100.00
Float Due—Membership	100.00
Prepaid Stationery & Postage	425.83
G.I.C. Investments	13772.09
Accounts Receivable	6637.24
DOB Contingency Fund	2,000.00
Equipment	7649.38
Less Depreciation	-6,469.22
	1,180.17

TOTAL CURRENT ASSETS 26602.16

LIABILITIES

Per Capital Payable	0.00
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TOTAL LIABILITIES 0.00

EQUITY

Retained Earnings	19,787.50
Current Earnings	6814.66

TOTAL EQUITY

26602.16

26602.16

(Liabilities & Equity)



How to Contact Your Executive



President—	Bob Hoogerbrug	751-8735
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Program Director—	Pat Mason	753-6008
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	scrivener@shaw.ca	
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	gldstone@shaw.ca	
Hospital Visiting Nanaimo—	Alex Kohuch	755-3040
Parksville	Harold Goodman	248-3269
Port Alberni—	Marg Pierce	723-9791
Director Nomination Committee/Volunteer Co-ordinator	—John Ablett	752-7572
Phone Chairs & Area Coordinators, etc		
Parksville	Barbara Campbell	954-0733
	campbellba@shaw.ca	
Ucluelet	Sandy Henry	726-7086
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Port Alberni—	Marg Pierce	723-9791
	I think there's	



MEMBERSHIP REPORT May 13th, 2004



MEMBER NUMBER COUNT

As of May 13th, 2004, the Nanaimo and Area Branch has 1519 members comprising 1006 superannuates and 513 spouses. There are 1135 on DDS and 384 pay at Branch. Since the last Newsletter, the following membership changes have taken place:

NEW OR REINSTATED MEMBERS

Joan & John G Freeman, Qualicum Beach
Bob Molesworth, Nanaimo

TRANSFERRED IN

Roy & Irene Hinder, Nanoose Bay, from BC08 Vancouver
Norman Hoyt, Nanaimo, from BC08 Vancouver
Robert Huck, Nanaimo, from ON43 Ottawa
Judith Maynard Mansen, Gabriola Island, from BC03 Duncan & District
Shirley Martin, Qualicum Beach, from BC01 Central Fraser Valley
Donald & Irene McCord, Nanaimo, from BC14 Sidney & District
Nelson & Betty Young, Nanaimo, from ON43 Ottawa

TRANSFERRED OUT

Dave & Betty Armour, Qualicum Beach, to BC06 North Vancouver Island
Geoffrey & Maggie Brasier, Nanaimo, to BC15 Prince George
Norma Craig (Goit), Parksville, to AB17 Edmonton
Ute Wilson, Gabriola Island, to BC06 North Vancouver Island

MEMBERSHIP CANCELLATIONS

Alex & Audrey Alexander, Qualicum Beach
Sandy & Marion Brown, Parksville
Ada Erickson, Nanaimo
Thelma & Wesley Fidler, Parksville
Thomas Gantert, Cedar
Eva Gray, Parksville
Edna Holts, Parksville
Ruth Margolis, Nanaimo
Keith & Maryann McKnight, Nanaimo
Eileen Mihalech, Nanaimo
Evelyn Myskow, Nanaimo
Elias Rowney, Nanaimo
Myrle Weston, Nanaimo

In Memorium

Nageeb Aziz, Nanaimo, survived by wife Carmen
Robert Banks, Nanaimo, survived by wife Carol
William Bellwood, Nanaimo, survived by wife Avis
Ralph Creelman, Port Alberni, survived by wife Margaret
Robert Schimmeyer, Nanaimo
Howard Trueman, Parksville

WEB-BASED MEMBERSHIP SYSTEM (WMS)

Nothing new to report.

Vic Ashdown

—oOo—

Did you know?

- Drinking two glasses of Gatorade can relieve headache pain almost immediately -- without the unpleasant side effects caused by traditional relievers."
- Did you know that Colgate toothpaste is excellent salve for burns?
- Before you head to the drugstore for a high priced inhaler filled with mysterious chemicals try chewing on a couple of curiously strong Al-toids peppermints. They'll clear up your stuffed nose.
- Achy muscles from a bout of the flu? Mix one tablespoon of horseradish in I cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.
- Sore Throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.
- Eliminate puffiness under your eyes.... All you need is a dab of preparation H, carefully rubbed into the skin, avoiding the eyes. The hemorrhoid ointment acts as a vaso-constrictor, relieving the swelling instantly.
- Honey remedy for skin blemishes... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.
- Listerine therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.
- Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.
- Coca-Cola cure for rust.. Forget those expensive rust removers. Just saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke. is what gets the job done.
- Cleaning liquid that doubles as bug killer... If menacing bees, wasps, hornets, or. yellow jackets get in your home and you-can't rind the insecticide, try a spray of Formula 409. Insects drop to the ground instantly
- Smart splinter remover... just pour a drop of Elmers Glue-all over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.
- Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine... a powerful antiseptic.
- Heinz vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process
- Quaker Oats for fast pain relief.. It's not for breakfast anymore! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for I minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

LATE NEWS

It was with profound sadness that we learned of the loss of Frank Lancaster who passed away peacefully on Thursday 13 May 2004, a very short three months after the death of Eva, his wife.

Frank was well known to all in FSNA through his hard work and support of the Association. In fact, when he retired the staff and membership christened him "Mr. FSNA". We all owe a great deal to Frank - he will be missed.

THE WORD FROM



NATIONAL

RCMP Pension Plan

As many of you know, there have been a number of articles relating to an audit of the superannuation fund of the Royal Canadian Mounted Police (RCMP) appearing in the National Post. The audit revealed serious misuses of the funds and resulted in further investigations, including an on-going criminal investigation. As soon as the first report appeared in the newspaper, the National President, Rex Guy, immediately wrote to the RCMP Commissioner to express our concern. The Commissioner promptly replied and gave assurances that the money that was inappropriately taken out of the fund has been returned and that further actions will be taken as soon as the investigations are completed. This story is on going and FSNA is keeping a very close eye on the developments. Both FSNA's National President's letter and the RCMP Commissioner's reply are posted on FSNA's Web site.

Convention 04 Communiqué No. 4

Branches should have received this latest communiqué in the last few days as well as its attachment, the draft of the Workbook for delegates. Resolutions ready for distribution as of April 14 were also enclosed with Communiqué No. 4. The remainder of resolutions will be sent

soon enough for branches to review them and provide their input before June 30, 2004 (form attached to resolutions). This process is part of the new approach to convention, which provides each branch an opportunity to vote on the resolutions. The result of the vote will be part of the analysis that will be provided to all delegates at convention.

Public Service Health Care Plan

In preparation for the negotiations of the Public Service Health Care Plan (PSHCP), the three Parties have agreed to participate in a series of information sessions that will be held in April and May. The intent of these sessions is to provide all of the necessary background information and analyses provided by the PSHCP Trust. This will ensure that the negotiation teams will have the same information and background going into the negotiations that are being scheduled to start in June.

Congress of National Seniors' Organizations

A new organization, the Canadian Association of Retired Teachers (CART) has become a member of the Congress of National Seniors' Organizations (CNSO). The Canadian Association of Retired Persons (CARP) and the Royal Canadian Legion have discontinued their membership with the Congress, which brings to 11 the number of seniors organizations that are CNSO members.

The Congress recently wrote to the Prime Minister and the Minister of Health, who is the Minister responsible for seniors. (A copy of each letter is appended since they cover matters of great concern to seniors—Ed) . A meeting of the 11 groups is being planned for the spring.

Letter to Prime Minister

The Right Honourable Paul Martin, P.C., M.P.
Prime Minister of Canada
Langevin Block
80 Wellington St.
Ottawa, ON K1A 0A2

Dear Prime Minister:

The Congress of National Seniors' Organizations (CNSO) has written you on a few occasions, our latest letter being dated February 20, 2004. Given that there is a pending election in the near future, the CNSO has decided to write you again in order to ensure that a

government agenda to deal comprehensively with an aging society is part of your platform.

I am enclosing, for your information, a self-explanatory letter recently sent to the Honourable Pierre Pettigrew. You will understand why the 11 seniors' organizations of the CNSO are concerned that there is a lack of priority given to seniors' issues. We have noted that you have met with and consulted with many groups across the country over the past few weeks. As far as we know, you have not met with any seniors' organization nor have you discussed the issues of importance to older Canadians. As you know, seniors as a group vote in significantly higher proportion than any other group of society.

That being said, the CNSO thanks you for including in the government's recent budget, the reinstatement of the New Horizons Program for seniors. This was one of the recommendations made by the CNSO to various committees, including more recently to the previous Prime Minister's Caucus Task Force on Seniors.

Representatives of the CNSO would be more than pleased to meet with you at your convenience.

Sincerely,

Jean-Guy Soulière

Chair, Coordinating Committee and Spokesperson for the CNSO

Letter to Minister Pettigrew

Dear Minister Pettigrew:

Although not mentioned in your portfolio's title, you are also the Minister responsible for seniors. The Congress of National Seniors' Organizations hopes that the fact that the title is not included in the official portfolio does not indicate a lack of interest

and commitment to seniors' issues on the part of the Government.

The Congress of National Seniors' Organizations (CNSO) consists of 11 major national seniors' organizations with a membership of more than two million older Canadians. Its mission is quoted in the letterhead and it is working towards it by influencing the development of policies and programs to deal with an aging society.

With a pending election, it is important that the Government clearly puts forth a comprehensive agenda for dealing with seniors' issues. Older Canadians are frustrated that the seniors' file seems not to be on the government's priority agenda. The fact that the responsibility for seniors is "hidden" under so many other of your responsibilities justifies our concern. Representatives of the CNSO have met on a number of occasions with your predecessors. Even though the discussions were enthusiastic, the enthusiasm did not result in action. We are seeking a meeting with you at your earliest convenience. We want to ensure that you understand and are committed to dealing with issues of importance to older Canadians. We want to express how we can work with you and your officials to ensure that the "commitments" made by Canada at the 2002 World Assembly on Aging were more than words.

Canada has an opportunity to be a model in dealing effectively with an aging society. As the Minister responsible, we seek your support. I hope that we will have an opportunity to collaborate with you, and the first step would be a brief meeting with you.

Sincerely,

Jean-Guy Soulière,

Chair, Coordinating Committee and Spokesperson for the CNSO

BELIEVE IT!

A man walking along a road in the countryside comes across a shepherd and a huge flock of sheep. Tells the shepherd, "I will bet you \$100 against one of your sheep that I can tell you the exact number in this flock." The shepherd thinks it over; it's a big flock so he takes the bet. "973," says the man. The shepherd is astonished, because that is exactly right. Says "OK, I'm a man of my word, take an animal." Man picks one up and begins to walk away. "Wait," cries the shepherd, "Let me have a chance to get even. Double or nothing that I can guess your exact occupation." Man says "sure". "You are an economist for a government think tank," says the shepherd. "Amazing!" responds the man, "You are exactly right! But tell me, how did you deduce that?" Well," says the shepherd, "put down my dog and I'll tell you."

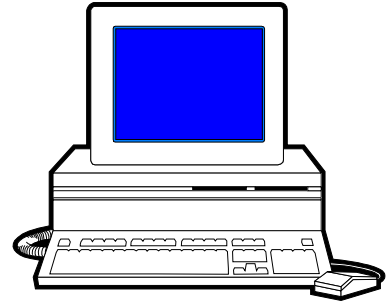
Seniors On-line

As we go into Summer, it may be a good time to remind you of the FSNA site which you can find at www.fsna.com. This is your Association's very own website and, apart from the "in house" information it provides, I can heartily recommend that you tap the 'links' button on the left of the opening screen and check out the Web pages they connect to.

There are Government sites for seniors on access to travel, Active Living, Canadian benefits available to seniors, Human Development programs, various public service, military and R.C.M.P. association contacts as well as Johnson Insurance Co. sources of information.

When you have done with that, you can find it very interesting to tap the buttons that connect you to information on Public Health Care and Dental plans and Pension information.

This is a most useful site and the more we use it the more it will develop because the number of 'hits' are recorded and govern the amount of time and effort that is put into keeping it updated.



Happy Computing!

The Last Word



This is getting to be a crucial time for us all. A Federal General Election (they tell us) is imminent: a Provincial election may not be far behind. Right now we are being bombarded by outlines of programs of the major political parties and the pace is accelerating. They are all trying to sound as if they have all the answers—and they may have. It is our duty to listen and read carefully and not get swayed by emotional issues in order to make up our minds who we are going to support. Make no mistake about it, your vote is vital. There are an awful pile of us seniors and "Grey Power" could be an important factor in deciding what kind of Government we get for the next few years, both Federally and Provincially.

We are all justly proud of our democracy, and we should be, but that is only protected if we vote. It is vital that you DO vote for the party of your choice. Neither I nor the Association will try to influence you in any way in favour of one party or another, but we will urge you most strongly to exercise your franchise at the Polling Booths. Remember, you will be in a poor position to complain if you threw away your vote by not using it.

So watch the news on TV, read the papers and go to candidates' meetings and don't be afraid to ask questions. It doesn't matter if the candidates are so handsome or beautiful that they could be outstanding prospects for the next Canadian Idol. What do they intend to do? Do you believe them? And on voting day, if you have difficulty getting there check the papers to see what rides to the polls are offered. Best of luck for what could be an exciting Summer.

See you in Parksville.

"Ron Gladstone"

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