

Federal Superannuates National Association

Nanaimo & Area

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October, 2004



NEXT MEETING Thursday 25th November, 2004



Location: 256 Royal Canadian Legion Branch at 1630 East Wellington Street, which is located between Bowen and Townsite Road. Doors will open at 10 a.m.

This is our **Christmas Dinner** and **Annual General Meeting**

It will be our usual stupendous feast of Turkey— “with all the gubbins”, including an exquisite dessert table, tea coffee and milk. Other beverages will be available if you wish it.

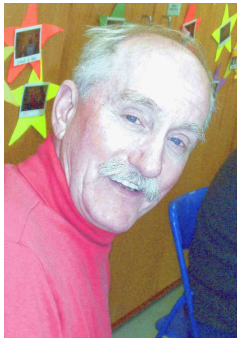
You will be asked by your local telephoner if you plan to attend and reserve your meal and, if you do, you are reminded of our cancellation policy. As we are required to pay for all meals we order, if you find you are unable to attend, you are asked to cancel your reservation to avoid being charged for 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, 18th November, 2004. Pat has an item on this factor inside.

DON'T FORGET YOUR NAME TAG!

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And much more interesting stuff



FROM THE PRESIDENT

Marge and I arrived in Ottawa on the 11th of August fully prepared to do our best for this Branch and the FSNA at large. It was Marge's and my belief that the main objectives for this convention were to increase our membership base, maintain or better the PSHCP and PSDP, as well as position itself for those changes coming in the future.

During the extent of the convention several informative workshops were held. One of the best was "Recruitment and Retention", which outlined a new approach to enlarging our membership base and making the public more aware of the FSNA. The others were more generic and of greater interest to specific areas in FSNA. These were well attended and utilised by all the delegates.

As you know meetings were held by your executive prior to the convention to evaluate the resolutions going to the floor. In most cases these were quite simple and were dealt with expediently at the convention. However two of great import generated much debate. These were the increase of per capita dues to the National Office and the formula used for accrediting delegates to future conventions. The number of delegates allowed for convention issue was referred to the incoming Board for consideration. British Columbia now has two new Regions called Western British Columbia & Yukon and Eastern British Columbia. As well PEI has been designated as a Region. The creation of Provincial Advocacy Officers positions was formally approved by the convention. The resolution on Liability Insurance was passed but we do not know when we can expect coverage.

The budget for the next three years was passed. This along with the liability insurance will impact our bottom line over the next few years, but we should be able to absorb these modest increases to our per capita without increasing membership dues. Most of the other minor resolutions were rejected by the convention.

Several sessions featured speakers from PIPS and PSAC as well as the PSHCP Trust and the Superannuation Branch. These were well received and extremely informative. It would seem that our relationship as an organisation with these entities is good and hopefully will continue so. FSNA has been looked on by our Government as a resource for dealing with pension and seniors issues even as they relate to the general public.

In closing our new National Executive is as follows:

President - Dennis Jackson BC

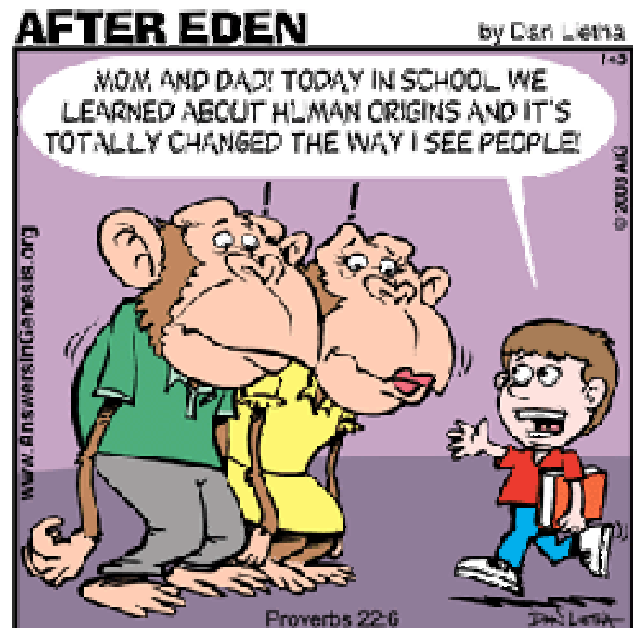
1st Vice President - Francis
Bowkett ONT

2nd Vice President - Stan
Hrabarchuk MAN

3rd Vice President - Christiane
Lamontagne PQ

And that's a wrap for this newsletter. Only time will tell whether we will have achieved those goals I outlined in the beginning. We hope to see you all at the Annual General Meeting on 25 November 2004.

Bob Hoogerbrug



Parents, what did your child learn in school this year?

FINANCIAL STATEMENT

as at 14 Jul 2004



ASSETS

Bank Balances	4057.75
Petty Cash Balance	100.00
Float Due—Membership	100.00
Float Due—Marg Mostowy	1000.00
Prepaid Stationery & Postage	425.83
G.I.C. Investments	14200.00
Accounts Receivable	2260.03
DOB Contingency Fund	2100.00
Equipment	7649.38
Less Depreciation	-6,469.22
	1180.17

TOTAL CURRENT ASSETS 25423.78

LIABILITIES

Assoc Member	2.00
Per Capita Payable 2004	39.95
Per Capita 2005	1937.32
A/P Senior Lottery	47.60

TOTAL LIABILITIES 2026.87

EQUITY

Retained Earnings	19,787.50
Current Earnings	3609.41
TOTAL EQUITY	23396.91

25425.78

(Liabilities & Equity)



How to Contact Your Executive



President—	Bob Hoogerbrug	751-8735
	r-choog@shaw.ca	
Vice President & Membership—	Vic Ashdown	248-2027
	ashdown@shaw.ca	
Past President—	Marg Mostowy	756-1069
	fsnananaimo@shaw.ca	
Treasurer—	Bob Stitt	758-7681
	stittar@shaw.ca	
Secretary—	Cathey Hoogerbrug	751-8735
Membership Secretary -	Doris Grieves	716-1952
	dgrieves@shaw.ca	
Recruiting and Retention—	Darrell Hamilton	756-3895
	dh@telus.net	
Historian—	Cliff Pickton	723-1136
	pfmcj@telus.net	
Program Director—	Pat Mason	753-6008
Awards/Speakers—	Charles Scrivener	758-2240
	scrivener@shaw.ca	
Services & PSHCP/PSDO Liason -	Leroy Wood	758-0078
	woodsie@shaw.ca	
Newsletter—	Ron Gladstone	751-2940
	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
	macfunnelcover@telus.net	
Port Alberni—	Marg Pierce	723-9791



MEMBERSHIP REPORT October 18th, 2004

MEMBER NUMBER COUNT

As of October 18th, 2004, the Nanaimo and Area Branch had 1523 members comprising 1008 super-annuates and 515 spouses. There were 1135 on DDS and 388 pay at Branch. Since the last Newsletter Report (August 12th), the following membership changes have taken place:

NEW OR REINSTATED MEMBERS

John & Cynthia Buckingham, Nanaimo
Evert & Dora Hermanson, Nanoose Bay
Kay & Marlene Oslie, Parksville
Cecil & Arlene Weigum, Nanaimo

TRANSFERRED IN

Bill & Mary Coulter, Nanaimo, from BC10 South Okanagan

TRANSFERRED OUT

Clarisse Appleton, Nanaimo, to AB19 Red Deer
Ruby Cramb, Nanaimo, to AB16 Calgary & District
Hugh MacAulay, Qualicum Beach, to AB16 Calgary & District
John & Susan Melvin, Qualicum Beach, to BC09 Victoria
Fred Whitehouse
Ed & Isabell Ryan, Nanaimo, to BC09 Victoria
Fred Whitehouse
Maureen Shea, Nanaimo, to NB64 Moncton

MEMBERSHIP CANCELLATIONS

Ted & Kathy Boggs, Nanaimo

In Memoriam

Anne Gourlay, Nanaimo, survived by husband Ken
Robert Hannam, Parksville, survived by wife Phyllis
Bjarne Leren, Nanaimo, survived by wife Randi
Arnold Kaardal, Nanaimo, survived by wife Joyce
Edward Ryan, Nanaimo, survived by wife Isabell

WEB-BASED MEMBERSHIP SYSTEM (WMS)

Nothing new to report.

MEMBERSHIP DUES 2005

For those who have not yet paid dues at Branch for 2005, and who receive this newsletter by Canada Post, see **enclosed billing notice**.

Vic Ashdown

The following letter arrived too late for the previous newsletter but it is never too late to pass on the thought that it contains.. In FSNA we care for each other

Hi Ron

I wonder if it would be possible to include a note of thanks from me to the numerous members who sent me sympathy cards and all those who also attended Ben's Memorial service in July. I was quite overwhelmed by the numbers; their support and kind words of comfort

It meant worlds to me.

Gwen Anders

(We thank Gordon Gedge of RD for these items - Editor)

"Marketing Initiative" (?!!) - a member reports

"I was recently on the receiving end of what could be called many things if one wasn't worried about lawyers et. al. The action was what the company prefers to call a "Marketing Initiative". What happens is the company, under the auspices of a national newspaper, sends by parcel post, an unsolicited investment summary reference book, at a price of \$116, billed accordingly. In other words, I was on the hook for that amount because, in my absence, another person signed receipt in my place. and the material was left here. Trying to resolve the issue with the lowest cost in time and money, before contacting BBB or other agencies, I was able to wend my way through an automated telephone system to get a 'customer service representative' who expresses surprise that BC had Negative Billing legislation against that sort of thing. She directed me to return the package, at my expense, by regular post, so I am out about \$20, insurance etc. I am informing them, that I consider that to be my bill, for time and money compensation. The best advice would be to not sign for ANYTHING ANYWHERE unless it's yours and you are on top of it. I think the public should be made aware that more companies are trying harder and deviously, to sell product to an unsuspecting population."

Plastic and Cancer news from Johns Hopkins

Dioxin Carcinogens causes cancer, especially breast cancer. Don't freeze your plastic water bottles with water as this releases dioxin in the plastic. Dr. Edward Fujimoto from Castle hospital was on a TV program explaining this health hazard. (He is the manager of the Wellness Program at the hospital.) He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxin into the food and ultimately into the cells of the body. Dioxin are carcinogens and highly toxic to the cells of our bodies. Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results, without the dioxin. So such things as TV dinners, instant rice and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. To add to this, Saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, use paper towels. Pass this on to your family & friends & those that are important in you life

New Improved Lawnmowers

One day a lawyer was riding in his limousine when he saw a guy eating grass He told the driver to stop. He got out and asked him, "Why are you eating grass". The man replied, "I'm so poor, I can't afford a thing to eat." So the layer said, "Poor guy, come back to my house."
The guys then said, "But I have a wife and three kids." The layers told him to bring them along oo.
When they were all in the car, the poor man said, "Thanks for taking us back to your house, it is so kind of you."
The layer said, "You're going to love it there, the grass is a foot tall."



THE WORD FROM NATIONAL

Visits to regions by the National President

The new National President, Dennis Jackson, has already been invited to visit branches and regions. It is preferable that visits by the National President coincide with Regional meetings/conferences. In order to see if a schedule of visits can be arranged, Branch Presidents are requested to consult with their Regional Directors as to what is the best date to hold a regional meeting. The Regional Directors will be asked to provide this information at the next NBOD meeting scheduled for early December of 2004. In the meantime, should there be any special reason for inviting the National President, please advise the Executive Director, Jean-Guy Soulière well ahead of the planned event.

Legal Challenge to Bill C-78

The Chair of the Staff side of the National Joint Council wrote to the National President requesting a further contribution to continue the Court Challenge. A similar letter was sent to all the plaintiffs who are participating in this case. The National President requested and received approval from

the National Board of Directors to contribute a further \$10,000. This brings FSNA's total contribution to date to \$50,000. The status of this legal challenge was provided with Bulletin to Branches 04-08.

Special Issue of ON GUARD

The Fall Issue of ON GUARD focuses almost entirely on Convention 04 with many pictures of delegates and events.

Congress of National Seniors' Organizations

The Coordinating Committee of the Congress of National Seniors' Organizations (CNSO), chaired by Jean-Guy Soulière, met in Ottawa on September 15 and 16. The main purpose of the meeting was to decide on the CNSO's advocacy strategy over the next 6 months. The environment has changed dramatically in terms of the seniors' agenda with a minority government, the establishment of the Department of Social Development responsible for many seniors' issues and the promise by the Liberal Party, during the election campaign, to establish a Seniors' Secretariat. Attached is a list of the many committees on which the CNSO participates.

Changes to Per Capita Fees/Branch Dues

As branches might well have already been advised by convention attendees, Convention '04 maintained FSNA membership dues at their existing levels (\$40.20 double, \$30.00 single, \$10.00 Associate); but, for 2005-2007 changed how those dues are to be split between branches and the Association (national office). These changes will not affect amounts charged to members.





NOTICE OF MEETING

As required by the Constitution this is a formal notice that the Annual General Meeting of the Nanaimo Branch will be held at the Christmas Dinner on Thursday 25th November, 2004. Following reports by the directors, there will be an election of officers for the coming year. Volunteers are most welcome and any wishing to present their names are asked to call Past President Marg Mostovy at (250)756-1069 or at our website at fsnnanaimo@shaw.ca

You should also inform us if you have any items you wish to be discussed on this occasion.

The following important administrative notice is hereby promulgated for your information

NOTICE:

In accordance with amended by-law 12 of the Federal Superannuates National Association passed at Convention 04, the by-laws of the Nanaimo and Area Branch will now be referred to as the “Administrative Procedures of the Nanaimo and Area Branch of the Federal Superannuates National Association”. The present by-laws will be amended to reflect this change.

Dear Members:

Did your phoner call you and you told him/her that you would be attending the luncheon on September 16th and then didn't show? If you don't attend and do not tell us in time,, we ask you to please send the cost of your meal for that occasion to the Treasurer (Bob Stitt, 6327 Groveland Drive, Nanaimo, B.C. V9V 1B2). WE HAV E TO PAY FOR THE NUMBER OF RESERVATIONS UNLESS WE HAVE TIME TO CANCEL THEM

The last lunch was our 'try-out' for Soup and Sandwich. Personally, I found it all delicious- and I ate 'last'. The dessert was my choice- I don't like cake that has been cut early in the day and served dried out. If you felt your fruit salad was skimpy, then you could have asked me to get you more. If you felt we should have had fresh fruit salad – imagine the cost of that for 145 people! The wafers were also my favourite – apologies to those who didn't like them.

We could have the Chefs from Malaspina College cater and someone would complain – there is a difference between Chefs and volunteers. Please remember that the Royal Canadian Legion #256 people are all volunteers – trying to raise money for Veterans and chosen charities. I feel they do a good job – work hard – and try hard to please. If you have a legitimate complaint, please see me at the meeting.

It's the “HOLIDAY” dinner in November. If you reserve, please attend – if you can't make it – phone me please – 753-6008 and when you get your lunch please enjoy.

Pat Mason,

Seniors On-line

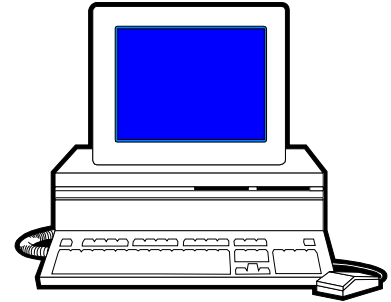
Computer tip

Most of you will have experienced spyware. Those of you who have not installed spyware removal software yet, probably have it on your hard drive now. Too much spyware will slow down your computer. If you wish to install free recommended software, for spyware removal, there are two programs that are excellent: Ad ware and Spybot. Run these, at least, weekly. These can be downloaded from: <http://find.pcworld.com/43176>

“In the August newsletter you reported a website— www.findaperson.canada411.ca. I have been unable to access the page. Was the address correct? I would really like to find this site. Sincerely Larry Duke” Yes

Larry and one or two others who wrote to the same subject. I have just called it up to check it out. I went from there to overseas links to find the address of my old friend in Australia. It takes a bit of time but its fun to search the Web this way, and useful too.

Speaking of which, its also fun to look up your home town, Nanaimo, Pt Alberni or whatever by “Googling” it. You may be surprised at what you will find out, including restaurants, theatrical activity, recreation and societies. As I said, nine tenths of the fun is the searching. You can find out nearly anything you want to know on the Internet—and a lot of things you had hoped you had forgotten!!!



The Last Word



Well I'm back in harness again with just a limp and a sore knee to show for my pains! I'll only make one comment and that is the wonders of a spinal anesthetic for orthopedic surgery. You have no idea what it is like to lay on a table, fully conscious for about two hours listening to saws whining and hammers and chisels banging away at your knee. You can't feel it, of course, but it does give you something to think about, particularly when you hear someone say....."Oops".

Now I have to look forward to moving at the end of October. It means I will be largely incommunicado (at least by telephone) until the end of the first week in December (unless the Nanaimo Realty consortia decide they can make some more money out of me by delaying it still further). I hope to be at the Annual General Meeting to cheer you all on to run for office in our Association and play your part in its continuing success. With a bit of luck, I'll start the New Year with no pressures to keep from providing you with the newsletter you deserve. In the meantime, remember this organization runs on volunteers. Give of your time to help us out. Not only does it benefit your fellow members, it even makes you feel more useful and wanted so Happy Holidays (Christmas, Ramadan, Hannukah, Tet or whatever) to all of you, consider what you can do to help out and keep the feedback coming

“Ron Gladstone

Tel & FAX (250) 751-2940 e-mail: glstone@shaw.ca