

Federal Superannuates National Association

Nanaimo & Area

PO Box 485 Lantzville, B.C. V0R 2H0 Telephone: (250) 751-8735
FAX: 756-4073 e-mail: fsnananaimo@shaw.ca



August 2006



NEXT MEETING

Thursday 21st September, 2006



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.

The luncheon will be Roast Pork with Salad, Potatoes, two vegetables, buns and butter with a fine dessert tray. Water, tea or coffee to your choice. Cost is \$15 per person, inc tax. Tips at your discretion.

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, 14th September, 2006.

Speaker at this meeting will be Leonard Krog, MLA for Nanaimo, who will speak on his vision for the future development of mid-Vancouver Island

DON'T FORGET YOUR NAME TAG!

INDEX

| | | | |
|--------------------------|--------|-----------------------------|---|
| Next Meeting..... | Page 1 | Here and There..... | 5 |
| President's message..... | 2 | The Word from National..... | 6 |
| Financial Report..... | 3 | Job Opportunities..... | 7 |
| Executive Listing..... | 3 | Seniors On Line | 8 |
| Membership..... | 4 | The Last Word..... | 8 |

And much more

FROM THE PRESIDENT



With most of the summer passing us by and hopefully enjoyed by all, it is time in the Branch to begin what I would call the working time for us. Several items are on the agenda in the coming months, least of all is our Annual General Meeting in November. At that time we will be electing a new board for the Branch. Along with that comes the new Governance Model proposed by the National Board. Not much has been heard from National regarding this new governance model, but in all fairness they are awaiting the recommendations from the committee struck to look into all aspects of the proposed model.

Our last meeting in Parksville at the Bayside Resort went rather well and was enjoyed by all. Our speaker Wendy Pratt was from the Nanaimo Community Hospice Society and she gave us some insight into the problems and benefits of palliative care on the island. I thank her for her most interesting presentation. As usual the food at the Resort was excellent but we did have some minor problems with the seating in the restaurant. To those who were inconvenienced, we extend our sincere apologies.

It would seem also that the new PSHCP and PSDP changes have been accepted by the membership enthusiastically. It would be well to remind those of us who are presently not members of these plans that they should seriously consider joining them. They really are worth the money!

The Branch has set up a Recruitment Committee to assist in ensuring that we do have members who are willing to stand for election to the board. At present this committee consists of Darrell Hamilton and Al Francis. I am sure that if any of you would be willing to assist them in any way, then they would be most appreciative. This leads us to our Annual General Meeting in November, where some positions will be open for new members to participate in the running of your Branch. Well here I go again, we really do need you to step forward and help. Your Branch cannot be viable without an injection of new blood into the Executive Board. I know you've heard all of this from me before but it is now truer today than it was three years ago. Please think about doing your part and joining us in the operation of your Branch.

I mentioned the new governance model earlier and it would seem that if most of this proposed model were to be adopted, it would mean drastic changes to the way FSNA is operated. Your Executive board feels, as of now, that this will result in a more top down model rather than the present bottom up which we now are using. We will fully explore this from here in the Branch to assure that adopting it will be in the best interests of the branch and the FSNA in general. In any case this will no doubt be debated fully at the Triennial Convention in August 2007. Only time will tell if we will see whether it is approved by the organisation. It should make for a rather interesting 2007 Convention!

In November we will be continuing a move adopted last year to lay wreathes on behalf of FSNA on Remembrance Day. We will always do this in Nanaimo but our rotating venue this year will be Qualicum Beach. If any of you Vets out there would like to do this for us, please contact Leroy Wood in Nanaimo and Al Heinrich in Qualicum Beach. This simple way of honouring those who gave their lives so we can read this newsletter together is most appropriate!

There is a possibility that our President Denis Jackson may be able to get to our next meeting and may be available for a short talk and possibly to answer any questions you may have. In closing keep yourselves safe and healthy and I look forward to seeing you all at Legion Branch 256 on 21 September.

Bob Hoogerbrug

WORDS OF WISDOM FROM RONALD WILSON REAGAN

"The most terrifying words in the English language are: 'I'm from the government and I'm here to help.'"

"A taxpayer: That's someone who works for the federal government but doesn't have to take the civil service examination."

"Government is like a baby: An alimentary canal with a big appetite at one end and no sense of responsibility at the other."

"The nearest thing to eternal life we will ever see on this earth is a government program."

"It has been said that politics is the second oldest profession. I have learned that it bears a striking resemblance to the first."

Amen for Sure

FINANCIAL STATEMENT



Treasurer—Bob Stitt

As at 13th August, 2006

| | | |
|---------------------------------------|-----------|---------------------|
| Current Assets (Bank Accounts) | | \$ 2,895.48 |
| Petty Cash | | 100.00 |
| Accounts Receivable | | 4,808.10 |
| Rental Facilities Deposit | | |
| DDS Nat Office 2006 | | |
| Floats Due (Membership) | | 100.00 |
| Total G.I.C. Investment | | 16,210.48 |
| Total DOB Contingency Fund | | 3,199.88 |
| Equipment | | |
| | 7,927.00 | |
| Less Accumulated Depreciation | 7,927.00 | 0.00 |
| TOTAL ASSETS | | \$ 27,313.87 |
| Current Liabilities | 94.19 | |
| Total Per Capita Payable | | 94.19 |
| Total Reserve Funds | | 5,796.54 |
| TOTAL LIABILITIES | | \$ 5,890.73 |
| EQUITY | | |
| EARNINGS | | |
| Retained earnings | 17,392.34 | |
| Current Earnings | 4,030.80 | |
| | | 21,423.14 |

| | | |
|--|--------------------|-----------|
| | LIABILITIES | |
| | AND EQUITY | \$ |
| | 27,313.87 | |



*

How to Contact Your Executive



President—Bob Hoogerbrug 751-8735
r-choog@shaw.ca

Vice President & Recruiting and Retention— Al Heinrich 738-0192 agh@shaw.ca

Membership Director - 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

Historian, Nominations Committee and Volunteer Coordinator— John Ablett 752-7572

Program Director—Pat Mason 753-6008

Awards/Speakers—Charles Scrivener 758-2240
scrivener@shaw.ca

Registration- Susanne Body 729-9588
sbody@shaw.ca

Services & PSHCP/PSDP Liaison—
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

Phone Chairs & Area Coordinators, etc

Qualicum Beach Sherwood Moore
754-0733

Parksville Barbara Campbell
campbellba@shaw.ca

Ucluelet Sandy Henry 726-7086
macfunnelcover@telus.net

Port Alberni—Marg Pierce 723-9791

Cards

Parksville, Qualicum & Nanoose 468-7706
Freida Mason
freidam@shaw.ca

Nanaimo & Area June Wiebe 756-4873
ejwiebe@telus.net

Port Alberni, Ucluelet, Tofino Marg Pierce
723-9791

Please God - If you can't
make me thin



make my friends fat!!



MEMBERSHIP REPORT – August 17th, 2006 (Newsletter)



MEMBER NUMBER COUNT

As of August 17th, 2006, the Nanaimo and Area Branch had 1616 members comprising 1081 superannuates and 535 spouses. There are 1245 on DDS and 371 pay at Branch. Since the last Newsletter Report (May 11th), the following membership changes have taken place:

NEW OR REINSTATED MEMBERS (2)

Hazel Galloway, Nanaimo
Helen Mandin, Qualicum Beach

TRANSFERRED IN (5)

Michael Bryan, Port Alberni, from BC06 North Vancouver Island
Marietta Dodds, Qualicum Beach, from MB31 Winnipeg & District
C Nichol, Parksville, from ON53 Ottawa Valley
Tom O'Dowd, Nanaimo, from AB16 Calgary
Gary Reading, Nanaimo, from AB16 Calgary

TRANSFERRED OUT (7)

Gwen Collins, Qualicum Beach, to BC09 Victoria-Fred Whitehouse
Jack Holbrook, Nanaimo, to BC08 Vancouver
Colin Houlihan, Nanaimo, to AB19 Red Deer
Lawrence Nahorniak, Nanaimo, to BC12 Kamloops
Susan Nelson, Lantzville, to ON43 Ottawa
Ron & Rose Wall, Parksville, to BC06 North Vancouver Island

MEMBERSHIP CANCELLATIONS (18)

Robert & Ella Chaignon, Nanaimo
Joseph & Denise Chatelain, Nanaimo
James Clarke, Qualicum Beach
Halsey & Mary Dodds, Gabriola
Brian Ferris, Nanaimo
Michael & Barbara Flynn, Nanoose Bay
John & Marie Gorton, Nanaimo
Gordon Knight, Qualicum Beach
Keith & Robina Lang, Qualicum Beach
Bryan Olson, Qualicum Beach
Harris Roe, Nanaimo
Patricia Rusnak, Nanaimo

IN MEMORIAM (7)

Norman Carriere, Nanaimo, survived by wife Barbara
Jean Crawford, Nanaimo, survived by husband Bill
Elsa Holthusen, Nanaimo, survived by husband Kurt
RJ Neville Mayers (at age 97), Qualicum Beach
Clarence McLean, Port Alberni, survived by wife Polly
Doris Shepherd, Nanaimo
Helen Yates, Nanaimo, survived by husband Nelson

NEWLY LOST SHEEP

Gary Bingham & France Champeau, Ucluelet
Roy & Irene Hinder, Nanaimo
Claude & Florence Lachance, Nanaimo
Paul & Victoria Lapointe, Nanaimo
John & June Peil, Nanaimo
Yvon & Audrey Turgeon, Nanaimo

WEB-BASED MEMBERSHIP SYSTEM (WMS)

Due to technology improvements over the past few years, the WMS is now being upgraded by the developer. A test version will be ready by mid-October and the new version should be in general use by year's end.

2007 DUES

For those paying dues at Branch, billing slips are enclosed. For those receiving email Newsletters, billing slips will be mailed separately.

QUESTIONNAIRE

Every few years, we send out a Questionnaire to confirm our membership information and to solicit your views on FSNA and Nanaimo Branch activities. A copy is included with your Newsletter. Please take the time to fill out the form, and send it in or drop it off with any member of the Executive.

Vic Ashdown

Here and There

Designed for latest information. We have full text editions only in the e-mail version since cost considerations in printing and postage regretfully limit the size of this newsletter

P.S.H.C.P. (Quoted as received)

We have just received the following information:

Some of you may have noticed that Sun Life have informed a number of members that there is a new requirement regarding the reimbursement of Health Practitioners' bills. I verified with my contact at Sun Life. Sun Life's response is as follows:

"The Plan requires that the name and qualifications of the practitioner be indicated on every receipt. The Trust advised us, following a verification, that we had processed several claims in the past without this information on the receipts and that therefore we were required to have this information indicated by the provider directly on their receipts before we could be reimbursing any more claims.

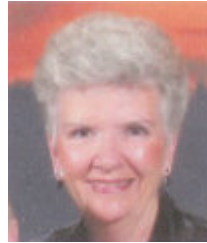
While I understand members' frustration due to the delays in claim processing, we have to follow the requirements established by the Trust."

Vancouver Island Strata Owners Assoc.

Many retirees live in residences that are part of a Strata Corporation. You may be interested in this organization which can provide much information and support. Contact at <http://visoa.bc.ca> on the Web or by calling (250) 920-0222..

Membership in this association gives access to their newsletters and all kinds of useful advice on any problems you may have as a member of a Strata

Helen Yates



We were deeply saddened to learn that Helen Yates, wife of Nelson Yates (one of our founding members) had passed away on 6th August, 2006.

On your behalf, we would like to present here to all her family our sincere condolences. We are asked to let you know that, instead of flowers, donations in her name to the Canadian Cancer Society would be greatly appreciated.

Resources Index

The first edition of this is now ready for circulation. All being well, a copy will go with the electronic version of this newsletter.

The problem of circulation to those of you who still get their newsletter by ordinary mail is somewhat more complicated due to cost of postage. It may well be that the answer will be to produce hard copy of the document for handout at a meeting, but this also has cost implications.

I would ask that you pass me any suggestions you may have for its circulation.

Copyright 2004 by Randy Glasbergen.
www.glasbergen.com



"You're allowed up to 5 cell phones on your family calling plan. Where's mine?"



THE WORD FROM NATIONAL

Review of the National Office

There will be a review of the National Office to determine if it is structured adequately and if it has sufficient resources to accomplish all of what is required by the NBOD, the branches, and the members. The review will also allow an evaluation of the salary scales and benefits package of its employees. An invitation to submit proposals was sent to consulting firms that have experience with non-profit organizations. The review is to be completed by early October 2006. Although there was a limited review in 2001, the last comprehensive review of the National Office was conducted by outside consultants in 1998.

Affinity Programs Update

(Note: the fall issue of ON GUARD will contain information on affinity programs.)

Choice Hotels now FSNA's first choice for accommodations

Choice Hotels Canada has recently introduced a key change for the benefit of all FSNA members by allowing them to book any Choice Hotel property at the better of the "Canadian Government Rate" or the "Significant Organization Savings Rate". Members are encouraged to ask for both rates at the time of booking and to reserve at the best rate. They have also added a direct Web link

to Choice Hotels Canada for reservations at the best rate made online at www.choicehotels.ca/fsna. Those who do not have access to a computer can still call **1-800-4CHOICE (1-800-424-6423)** and quote the FSNA client ID # 00066784 when making their reservation.

Relocation Services Group

FSNA has signed an agreement with the Relocation Services Group, a national moving company and leading provider of relocation services to associations in Canada, to offer consulting services to FSNA members at no cost. FSNA members will be able to benefit from:

- A cash rebate when they contact Relocations Services Group **before** speaking to a real estate agent when they buy or sell their home.
- Moving services including carrier selection, preferred pricing, move coordination, and comprehensive auditing services.
- Mortgage approval for the best rates in Canada from all leading lending institutions.

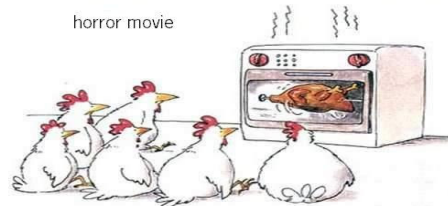
This relocation services program will only be launched "officially" in October, but it is already available to members through this Web site:

<http://www.relocationservicesgroup.com/fsna.htm>

4

Revision of the Administrative Guidelines for Branches

The revision of the Administrative Guidelines for Branches has been a "priority" for the past couple of years. However, because of other priorities and the fact that FSNA was changing its membership and financial administration procedures, the revision was never completed. At the May NBOD meeting, it was agreed that this revision must again be given priority and a commitment was made by the National Office to have the revised Administrative Guidelines for Branches published before the end of 2006. Research and Communications Officer Robert Laperrière is coordinating the rewriting of the Guidelines. If there are any matters of importance to branches that you would recommend adding to the Guidelines, please communicate with Robert either by e-mail at laperriere@fsna.com or by phone at (613) 745-2559.



ATTRACTIVE JOB OPPORTUNITIES

(Continued from last edition)

Please consider how you can help the Branch by volunteering to fill one of these positions outlined here and in the last newsletter, since elections will be coming up in December and we urgently need volunteers.

Awards & Speakers

Develops sources for obtaining speakers that can provide useful information to members, invites them, on behalf of the Branch, and acts as host for welcoming them on their arrival at the meeting. This position also keeps track of those persons who merit awards, recommends names to the Executive and arranges for the production and framing of certificates

Services and PSHCP/PSDOP Liaison

Maintains and updates contact points for members who have problems with the Health or Dental Plans and acts as liaison for them. Also arranges special events for the Branch when required.

Phone Chairs and Area Coordinators

Four, assigned to Qualicum Beach, Parksville, Uclueet and Port Alberni. Organize and lead telephone calling crews in their areas who remind members of events and provide details of how many people will be attending functions. They and their crews perform one of the most important tasks that, over the years, has ensured that we get so many members out for meetings. This is a great job because it enables the holder to network with all the members in their area while, at the same time, performing a vital function to keep up the vitality of our

Branch. by encouraging participation of members in our events,. Also, in the same way we need

Area Telephoners

Call people in their area and take their reservations for meetings and lunches. They also pass on useful information when needed and are much appreciated by members who see them as valued points of contact . If you do this job you really get to know fellow members in your area.

Cards

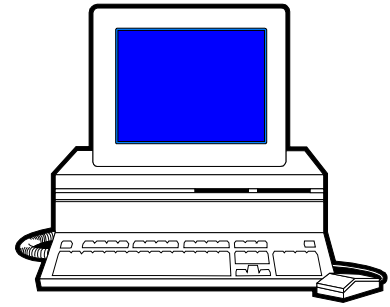
One each for Parksville Qualicum and Nanoose; Nanaimo and area; and Port Alberni, Uclueet, and Tofino. These folk keep updated information on members who are sick or bereaved and send appropriate cares on your behalf to show that we really care This is a most rewarding job and has a great deal of personal satisfaction from knowing that you are sending kind words to people when they need them.

Newsletter

Saving the best to last. If you ever wanted to have people hang on your every word, or express your opinion on things that really matter, then this is the job for you. There is some work involved but, when you see the finished product you can say with pride "That's mine, all mine" You get good support from fellow members with items for inclusion to the point where it is sometimes difficult to know what to leave out. Try it!



Seniors On-line



As if viruses were not enough, we now have to contend with worms, Trojan horses and other oddly named pestilences that aim to infect our computers. In response, major companies have had to develop defence strategies which, while effective, unfortunately have the effect of limiting our use of the computer. There are now so many "Pop-up Blockers" gratuitously put on our hard disks that it is difficult to know where they all are and how to switch them off if necessary or, at least, except our pet programs. It got so bad for me when they finally prevented me contacting the Web that I finally asked Shaw Cable what to do and found, to my surprise, that they have a virus/firewall/spam/ad-aware program, the cost of which is included in your subscription. For better or for worse, I uninstalled all my other anti-virus, whatever, programs and installed it. So far so good. It is updated every two hours, seems effective and so far has not interfered with my other programs. I don't know why they don't advertise it more prominently. If you are a customer of Shaw you might like to inquire about it. Getting the best deal in banking is something we often don't think enough about. Many financial institutions give seniors discounts....if you ask for them. You can compare these offers at the Financial Consumer Agency of Canada at website www.gcac.gc.ca. As to interest rates on savings, the rates offered are appalling. They run from TD Canada Trust at only .05% on a \$1000 balance up to BMO's 2.6%. It pays to search on the Web where online banks seem to do much better. Check out Manulife at 3.5%, ICICI Bank, Citizens, ING Direct HSBC Canada, down to 3.05% at President's Choice Financial. This is not an ad for or against these institutions, it is only to suggest you use your Internet to check things out and find out what's best for you. Talking of saving money. You may be interested in a website that helps you comparison shop for gas on Vancouver Island. It is <http://isl.bc.gastips.com/>. This is most interesting because, among other things it has the surprising information that (at least today 17 Aug 2006) gas is 3 cents a litre cheaper in Campbell River than it is in Nanaimo! Presumably the trucking companies pay the gas companies for the privilege of hauling gas up there. Its really surprising what you can find on the Web and, when you get to an interesting site, don't forget to put it in your "Favorites" for future reference.

Happy surfing
!

The Last Word



One of my favourite songs is Frank Sinatra singing "My Way". As each day passes, I think of the last verse where he sings about "and now the end is near". Well, my friends, with great regret I must tell you that the end is very near as far as my editorship of this newsletter is concerned. Visual problems and arthritis of my typing finger have finally caught up with me and I must quit after this year for a spot of optical surgery or my ophthalmologist will not accept responsibility for my future ability in the old man's sport of girl watching.

For some time now I have been pleading for somebody to come forward and double-bank with me with a view to taking over but there were no takers. Now I MUST quit. All I can offer from now on is the odd article (if it is wanted) and I will always be most happy to give any advice I have that is worth having. I have every confidence that there is, out there, a member who can do a far better job than I of putting this together and, while I am not known for my modesty I feel that the quality of my work is going down and will go even further.

So quit I must, while thanking you most sincerely for the privilege of serving you with this newsletter. I want you to know that it has been a lot of fun, most rewarding and flattering to my ego but with great regret I must pass on the baton. Come and pick it up. I can promise you that it will be a challenge, but a lot of fun and worth the effort.

Ron Gladstone

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