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# *Federal Superannuates National Association*

## *Nanaimo & Area*



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2008/05/23

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### **NEXT MEETING – THURSDAY 19 JUNE 2008**

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**Location: Meeting Room Quality Resort Bayside, 240 Dogwood Street, Parksville (Corner of Dogwood Street and Highway 19A) across the street from the Travelodge. The Meeting will commence at 11:00AM. Parking is not a problem and the first four spaces are reserved for those with a handicapped decal.**

**The cost for Lunch is \$15.00, including GST and Gratuity.**

**Menu: Chicken Breast a la Swiss, fresh vegetables, roasted potatoes and desert.**

**Our Guest Speaker for this meeting will be Ms. Darcy O’Toole, Pharmacist at the Memorial Compounding Medicine Centre in Qualicum Beach. Her presentation will address drugs and travel habits, interactions among vitamins, herbal medicines and prescription drugs and keeping track of our prescriptions.**

**Your local FSNA Representative will telephone you to ask whether you plan to attend the lunch and, if you confirm your attendance, you are reminded of the Associations cancellation policy. The Association is required to pay for all meals that are ordered on your behalf; therefore if you subsequently find that you cannot attend, you must cancel your reservation to avoid being charged for the meal. Please call PAT MASON at 753-6008 or BARB CAMPBELL at 954-0733. The last date to cancel to avoid being charged for your meal is Thursday, June 12th.**

**Following a short business meeting and the presentation by the Guest Speaker, we shall move to Heron’s Restaurant for lunch (table service). Very Important. Please ensure that you pay for your lunch prior to the commencement of the meeting. Registration tables will be set up inside the side entrance, located next to the cold beer and wine store.**

**Please remember to wear your name tag.**

## President Al Heinrich's Report to the Membership

Hello to the New and Goodbye to the Old. Welcome to the new volunteers. We look forward to your input and the energy you bring to our organization. New ideas are always welcome and needed.

Thank you to the people leaving their positions. We will miss you. I would like to extend a special thanks to all. Bob Hoogerbrug, our outgoing President, you have done our Organization proud. Your hard work and dedication is duly noted and much appreciated. John Ablett and Leroy Woods, you will be missed. John, you did a fine job creating an Archive of our Historical documents. Great job, well done. Leroy, your knowledge and service to the members is irreplaceable. We will always look to you for advice and input. Great job, well done. Cathey Hoogerbrug, your pleasant personality and dedicated work as secretary are really going to be missed. Thank you for this special service. We are happy that you will continue to do some of the administrative services you have done in the past. Thank you all.

Welcome to our new volunteers, Rene Marchand, Rick Neugebauer and Harold Hodes. We look forward to using your skills and talents to serve our membership. Thanks to all returning volunteers, your expertise and help are much needed and appreciated.

My commitment, as your new President, is to try and look after the needs and wants of you, the membership, to the best of my ability. I will try to carry on the past traditions, give new ideas and direction and try to get more events for you the membership to participate in. Ideas of what you would like to participate in and what you would like us to do for you would be much appreciated. You can email your comments to me at [agh@shaw.ca](mailto:agh@shaw.ca) or phone 250 738-0192. An email or phone call is always most welcome.

I have ideas that I would like to implement and will present these in subsequent Newsletters and at Executive Meetings. My goal is to get more membership participation, both at the Board of Directors level and in the area of social events. More Inter-Branch activity is also needed. I believe we all need to work together to achieve more benefits and services for our members. Dialogue is a good place to start.

The Government recognizes us as the spokesperson for Seniors and as such we need to lead, act and behave as leaders. We need to advance Seniors' concerns, promote their ideas and improve their quality of life. We look forward to your participation. Volunteers would be most welcome.

Al Heinrich

### Financial Report to May 12/08

#### Balance Sheet

Cash on Hand	\$4,755.43
A/R DDS/Other	7,166.60
Prepaid Expenses	54.04
Investments	22,898.92
Per capita Payable -	648.76
DOB Reserve	- 6,297.59
Equity	-27,928.64

#### Income Statement

Jan 01/08 – May 12/08

Income	\$9,941.23
Expenses	1,942.47
Net Income	7,998.76

## **Report from the Regional Services officer – John Finn**

**I would like to take this opportunity to introduce myself, John Finn, to FSNA members living on Vancouver Island and the surrounding area. As part of the new governance model adopted by the FSNA, I have been recently elected by the branch Presidents in the role of Regional Services Officer (RSO) for the BC Coastal Islands. This area includes the branches in Victoria, Sidney, Duncan, Nanaimo and Vancouver Island North, which together have a combined membership of approximately 9,000.**

**My primary responsibility will be to provide administrative support to branches in the region. More specifically, my role will be to conduct orientation programs, assist branches in training their executives, meet with all presidents and represent their interests and that of the branches at the National Office as well as to the National Director for British Columbia, Julie Spencer. In addition, as RSO I will provide support to branches, where required, on the benefit programs most important to FSNA members such as their Pension Plans, Health Care and Dental Plans. Although not all-inclusive the foregoing will give you an idea of what the role of RSO will be. I must also hasten to say that this is not a paid but a voluntary position.**

**Let me tell you a little about myself. As a Logistics Officer for twenty-seven years in the Canadian Forces I spent a good portion of my career in the field of compensation, benefits and pensions administration. In addition, I was fortunate to be seconded to the Treasury Board Secretariat where my responsibilities included dealing with all aspects of compensation and benefits on behalf of RCMP members. On retirement from the Canadian Forces I continued my work in compensation and benefits as the Chief Administrative Officer for the Canadian Forces Personnel Support Agency where amongst other responsibilities I chaired the Non Public Funds (NPF) Pension and Benefits Board.**

**In the position of RSO, I would like to use the experience and knowledge I have gained over a thirty-five year career for the betterment of FSNA members of the BC Coastal Islands. During my three year term as your RSO I hope to meet and speak with many of you as I visit branches throughout the region.**

### **ORDER OF CANADA**

**We were all delighted to hear that our own Bob Kabata was the recipient of the Order of Canada. Mr. Kabata, a member of the Nanaimo and Area Branch since 1994, received the honour at an investiture on April eleventh from the Hon. Michaëlle Jean, Governor General of Canada. Mr. Kabata is an internationally renowned authority on the biology of marine parasites. His research, spanning more than five decades, has improved the understanding of marine ecology and has had a worldwide impact on the management of commercial fisheries. Mr. Kabata was the long-standing Head of parasitology research at Nanaimo's Pacific Biological Station at Departure Bay.**

## Membership Report

As of May 15th, 2008, the Nanaimo and Area Branch had 1755 members comprising 1181 superannuates and 574 spouses. There are 1362 on DDS and 393 pay at Branch. Since the last Report (February 21st), the following membership changes have taken place:

### **New or Reinstated Members (20)**

Donald & Janet Bell  
Brian Brack  
Harvey & Mary Dubuc  
Mario Gauvin  
Arne & Brenda Jensen  
Joseph & Alexandrina Lirette  
William MacDonald & Ingrid Herchak  
Douglas & Sharon McKay  
Ray Morrison  
Eileen & Alvin Setter  
Peggy Ward  
Jean & James Wyman

### **Transferred In (13)**

George & Helene Champagne, from ON43 Ottawa  
Richard & Penelope Charlton, from National Office  
Al & Mavis Clarke, from BC11 Okanagan North  
Ralph Hare, from BC09 Victoria-Fred Whitehouse  
Otto & Phyllis Hrad, from AB17 Edmonton  
Maurice Tougas, from BC01 Central Fraser Valley  
William Vanstone, from BC09 Victoria-Fred Whitehouse  
Ron & Doreen Willson, from AB16 Calgary & District

### **Transferred Out (5)**

John & Frances Fowler, to BC09 Victoria-Fred Whitehouse  
Iris Kyer, to ON44 Peterborough & Area  
Terry & Inger Watkis, to BC01 Central Fraser Valley

### **Membership Cancellations (19)**

Bertram & Jean Beaven  
Maureen Betts  
Norman Bunnin  
Garnet Currie  
Alan Francis  
Kathleen Hall  
John Harvey  
Gunther & Gladys John  
Elena Kasteel & Otto Bartkowski  
Irene McCord  
Barbara Miller  
John Mills  
Joan Nott  
Russ & Marie Orser  
Myrle Weston

### **In Memoriam (9)**

George Adams, survived by wife Mildred  
Wesley Jackson, survived by wife Patricia  
John Mackesy, survived by wife Beatrice  
Barney Magnus, survived by wife Constance  
John Milburn, survived by wife Florence  
Claude Moseley, survived by wife Audrey  
Ann Smith, survived by partner George Hopcraft  
Douglas Smith, survived by wife Gloria  
Donald Tourand

### **Lost Sheep (3)**

Since the last Newsletter, we have lost contact with the members listed below (town/city shown is last known residence location). If anyone knows where they are now, please let us know or ask them to get in touch with us. Thanks.

Kathleen Haigh, Michael Ilich, Audrey McPhail (all from Nanaimo)

*Vic Ashdown*

Membership Director

## FSNA NANAIMO EXECUTIVE, DIRECTORS AND VOLUNTEERS – BC05

<b>POSITION</b>	<b>NAME</b>	<b>TELEPHONE &amp; EMAIL</b>
<b>EXECUTIVE COMMITTEE</b>		
<b>President</b>	<b>Al Heinrich</b>	<b>738-0192 <a href="mailto:agh@shaw.ca">agh@shaw.ca</a></b>
<b>Vice-President</b>	<b>Vacant</b>	
<b>Secretary</b>	<b>Vacant</b>	
<b>Treasurer</b>	<b>Marg Mostowy</b>	<b>933-1069 <a href="mailto:fsnananaimo@shaw.ca">fsnananaimo@shaw.ca</a></b>
<b>DIRECTORS</b>		
<b>Membership Director</b>	<b>Vic Ashdown</b>	<b>248-2027 <a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a></b>
<b>Membership Director</b>	<b>Doris Grieves</b>	<b>716-1952 <a href="mailto:dgrieves@shaw.ca">dgrieves@shaw.ca</a></b>
<b>Newsletter Editor</b>	<b>Peter Hann</b>	<b>248-3165 <a href="mailto:phann@shaw.ca">phann@shaw.ca</a></b>
<b>Awards &amp; Speakers (Chapter Historian)</b>	<b>Charles Scrivener</b>	<b>758-2240 <a href="mailto:scrivener@shaw.ca">scrivener@shaw.ca</a></b>
<b>Programme Director</b>	<b>Pat Mason</b>	<b>753-6008 No Email</b>
<b>Health &amp; Benefits (PSHCP &amp; PDSP)</b>	<b>Al McWhinnie</b>	<b>756-2732 <a href="mailto:alanmcw@shaw.ca">alanmcw@shaw.ca</a></b>
<b>AREA COMMITTEE COORDINATORS</b>		
<b>Qualicum Beach</b>	<b>Sherwood Moore</b>	<b>752-1048 No Email</b>
<b>Tofino/Ucluelet</b>	<b>Sandy Henry</b>	<b>726-7086 <a href="mailto:macfunnelcover@telus.net">macfunnelcover@telus.net</a></b>
<b>Parksville</b>	<b>Barbara Campbell</b>	<b>954-0733 <a href="mailto:campbellba@shaw.ca">campbellba@shaw.ca</a></b>
<b>Port Alberni</b>	<b>Marg Pierce</b>	<b>723-9791 No Email</b>

## **A Note from President Al Heinrich:**

**We are still looking for Volunteers for the position of Secretary and Vice-President. Should you be interested in supporting your organization with some of your time we would be pleased to welcome you to the Executive. Being part of the group and helping your fellow members can be very satisfying and rewarding. If you wish to help in some other capacity while you familiarize yourself with our Branch operations, please call any of our Executive. Feel free to call me and talk about how you can help out. My telephone number is 738-0192.**

## **More Notes:**

**At the meeting on June 19<sup>th</sup>, Five-year Service Awards will be presented to Katherine Garbutt, Mary Stoner and Anne Thomas (if they are in attendance). Awards were presented to six Branch members at an earlier meeting this year. Their contributions to the Branch are sincerely appreciated.**

## **Garden Notes from your Editor**

**To Deer Proof Plants: Add two egg yolks to a litre of water and a teaspoon of baking powder or baking soda (to make the yolks stick). Mix in a blender and pour into a spray bottle. Spray flowers and plants as required, especially after rain. Keep the mixture in the refrigerator when not in use. It really works!**

**Do you have a problem with aphids on your plants? Don't use a chemical spray; rather use nature's choice "lady bugs". Lady Bugs love to eat aphids. They are available in the refrigerator at selected garden centres. Why in the refrigerator? Because when it's cold they hibernate; take them out for thirty minutes and the colony springs to life. They are available pre-packaged, with instructions for use.**

**Finally, how observant are you? Did you notice that the first page used a different type than page 2 and that pages 3 through 6 used another type? The first page was typed in Times New Roman while page 2 was in the same type but in a smaller font while the remaining pages were typed in Georgia (no, not the country nor the US state). Do you, as a reader, have a preference? Georgia uses a darker type and uses a little less space than Times Roman. Send your comments to [phann@shaw.ca](mailto:phann@shaw.ca).**

## **Points to Ponder:**

**It's hard to understand how a cemetery can raise its burial rates for the dead and then blame the increase on the cost of Living.**

**Why do people go to a supermarket and pay \$2.00 for a bottle of Evian water from Paris, France? Spelled in reverse: Evian is Naïve! So now you know.**