

FSNA Nanaimo & Area Branch

Quarterly Newsletter

August 2008



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Next Meeting

Date/Time: Friday, 19th September 2008, 11:00 AM

Location: Best Western Barclay Hotel, 4277 Stamp Ave, Port Alberni

Directions: Take Hwy 4 into Port Alberni. At the Y-junction at the Chamber of Commerce, bear to the right down Johnson Rd (Hwy 4). At the fourth set of lights, turn left on Gertrude St. Continue along Gertrude St to the traffic lights at Rogers St – the Barclay will be in front of you – turn left to access the parking lot. Ample parking is available; the meeting room doors will open at 10:00 AM.

Meeting/Lunch: Following a short business meeting, a buffet lunch of salad, roast chicken with vegetables, dessert, tea & coffee will be served in the meeting room. Cost, including gratuities & tax, will be \$17.00 per person, payable at the door on arrival.

Guest Speaker: After lunch, the guest speaker will be Cpl. Rob Foster, RCMP, who will discuss “Recent Scams” and “Home Security”. He brings four years of experience as Port Alberni Community Policing Officer and 32 years with the RCMP.

Reservations/Cancellations: Your local FSNA volunteer will phone you to ask whether you plan to attend the lunch. If you confirm your attendance, please be aware of our cancellation policy. The Branch is required to pay for all meals ordered on your behalf; therefore, if you subsequently are unable to attend, you must cancel your reservation to avoid being charged for the meal. To cancel, please call **Pat Mason at (250) 753-6008** (Nanaimo) or **Barb Campbell at (250) 954-0733** (Parksville). The last date for cancellation to avoid billing is Friday, 12 September.

Special Group Hotel Rates: The Best Western Barclay has kindly offered reduced room rates of \$110.00 plus taxes for any FSNA members and guests attending the meeting who wish to stay overnight Thursday or Friday. To reserve, please call 1-800-563-6590 and ask about the “FSNA rooms”.

Don't Forget to Wear Your Name Tag!

FSNA Nanaimo Executive, Directors & Volunteers**2008/08/01**

Position	Name	Telephone /Email
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Executive Committee

President	Al Heinrich	(250) 738-0192 agh@shaw.ca
Vice-President	Vacant	
Secretary	Vacant	
Treasurer	Marg Mostowy	(250) 933-1069 fsnananaimo@shaw.ca

Directors

Membership Director	Vic Ashdown	(250) 248-2027 ashdown@shaw.ca
Membership Secretary	Doris Grieves	(250) 716-1952 dgrieves@shaw.ca
Newsletter Editor	Vacant	
Awards & Speakers---Historian	Charles Scrivener	(250) 758-2240 scrivener@shaw.ca
Program Director	Pat Mason	(250) 753-6008
Health & Benefits , PSHCP & PDSP	Al McWhinnie	(250) 756-2732 alanmcw@shaw.ca
Health & Benefits , PSHCP & PDSP	Al Heinrich	(250) 738-0192 agh@shaw.ca
Registration	Susanne Body	(250) 729-9558 sbody@shaw.ca
Telephone Director	Barbara Campbell	(250) 954-0733 campbellba@shaw.ca
Area Coordinator Qualicum Beach	Sherwood Moore	(250) 752-1048
Area Coordinator Tofino/Ucluelet	Sandy Henry	(250) 726-7086 macfunnelcover@telus.net
Area Coordinator Parksville	Harold Goodman	(250) 248-3269
Area Coordinator Port Alberni	Marg Pierce	(250) 723-9791

President's Report

2008-07-31

Al Heinrich

Hello again! Summer is half over and fall is fast approaching. In early fall, September 19 2008, we will have our next General Meeting in Port Alberni at the Best Western Barclay Hotel. We will have a short business meeting followed by lunch and a talk by our guest speaker Cpl Foster from the Port Alberni RCMP. He will speak about "Recent Scams and Home Security". Anyone who wishes to make this day an overnight venture should contact the Best Western Barclay Hotel immediately to make a reservation. The hotel has offered to give those who wish to stay over a reduced room rate. See page 1 of this Newsletter.

Congress 2008, which was held at the Crowne Plaza in Ottawa from July 08 to July 09, is now complete. Small changes were made to our new Governance Model. By-Laws and Regulations were modified in order to better facilitate our organization's day-to-day operation and effectiveness. New National Directors (NDs) and Regional Service Officers (RSOs) were officially elected. National Directors will deal with policy and advocacy issues while Regional Services Officers will be available to Branches to assist in problem solving and membership servicing. The ND for BC is Julie Spencer, from the Interior of BC, and the RSO is John Finn from the North Island Branch. See their Congress 2008 report in this Newsletter. On behalf of the Nanaimo and Area Branch I would like to congratulate both Julie and John on their election to their respective positions. I know they will do a great job for us. Congress 2008 also approved a new Logo and Tagline which will be added next to our name. The new Logo and Name, along with the Tagline, can be viewed by going to our National website. The web address is as follows www.fsna.com.

Our organization is built on the concept of people volunteering to help others. We need people to step forth and volunteer to drive people to our General meetings. If you would like to help your fellow retirees and can give some needy person a ride to our meetings please call or email me (250 738-0192 or agh@shaw.ca) or any other member of the executive with your name and phone number. Should anybody wish to co-ordinate this "donate a ride effort" please let us know. We would be happy to welcome you to the executive and fellow members would be most grateful to you for providing them an opportunity for a day out.

Due to the number of members wanting to attend our Lunch meetings accommodating facilities are becoming an issue. We are always interested in hearing about possible venues where we could have a meeting and obtain a reasonably priced lunch. Venues should be of sufficient size to accommodate approximately 200 people, have accessible parking, easy entrance to the facilities and reasonably priced meals. If you have any suggestions please call or email me or any member of the executive. We generally hold two meetings in Nanaimo and two meetings in the outlying areas (Parksville and or Port Alberni). Consideration would be given to Qualicum Beach and Lantzville should we find suitable accommodations.

Again I would extend a plea for volunteers to the Executive. At present we urgently need a Secretary, Newsletter Editor and Vice President. This newsletter is being put together by Vic Ashdown and myself; however, due to our workload it is not

possible for Vic and myself to carry on doing the newsletter. Please step forward and volunteer to help out. Your efforts will be appreciated by the less fortunate who are unable to do so. The work is not onerous and burdensome but rather very rewarding and self-fulfilling. Gratitude comes in knowing you have helped your organization and its fellow members. We would love to have you join us. Call or email me and let me know what you would like to do.

On a closing note I would like to thank the people who spent the time and effort going over the Congress 2008 resolutions and by-laws to develop Branch BCO5's position on issues of importance to you the membership. It is with these positions in mind I voted for or against the resolutions when they came to the floor at our Annual Congress in Ottawa this past July. For me this was a very rewarding experience and I thank you, the members, for presenting me with the opportunity to bring your interests to fruition. Hopefully if we stand and work together we can accomplish the goal we have set for ourselves, "a better quality of life in our Golden years". Thank you.

Congress 2008 Ottawa Vancouver Island Delegates & RSO



John Finn Richard Acton Al Dawber Karin Laurie Al Heinrich Jim Cotter

“Doctor’s Law”

If you don't feel well, make an appointment to go to the doctor. By the time you get there, you will feel better. Don't make an appointment and you will stay sick.

CONGRESS 08

A Message From Your B.C. Representatives

Congress 08, held in Ottawa Jul 7-9, has ushered in a new governance and administrative model that will better serve the needs of FSNA members both now and into the future. British Columbia is now represented by National Director, B.C., Julie Spencer, on the National Board of Directors (NBOD). Her responsibility will be to represent the needs of all members at the national level and will focus on policy and advocacy issues. As well, B.C. is represented by three Regional Service Officers who will be responsible for administrative and operational issues and who will represent their respective branches by working closely with the National Office, reporting to the Branch Co-ordination Committee of the NBOD. John Finn is the RSO for the BC Coastal Islands region and will be working closely with the five Island branches. On the provincial front, Jim Cotter continues in his role as the Provincial Advocacy Officer (PAO) for B.C. and faces the many challenges brought on by an upcoming election.

The Congress emphasized that the primary function of the FSNA is in an advocacy role in order to provide a strong voice on behalf of its members, and seniors in general, at both the federal and provincial levels. The FSNA, through its staff and elected officials, sits on many governmental committees and influences policy in the area of federal pensions, health and dental plans, provincial and federal health care systems as well as public pensions (CPP/QPP) and income assistance (OAS and GIS), and income tax and other seniors' issues. It was also highlighted that in the current and future climate of increased costs for health care services that we must "Establish an equitable balance between member expectations and the reasonable capacity of the FSNA to pursue those expectations." Governments are not looking to provide more benefits but in some cases reduce what we have. Part of the mandate of the FSNA is to ensure that the needs of members and seniors in general are taken into consideration in future plan development by our governments.

In summary, the deliberations during Congress 08 have provided a firm basis upon which the FSNA can move forward. We look forward to serving you through our terms of office and hope to meet as many of you as possible over the next year.

Julie Spencer, National Director
British Columbia

John Finn, Regional Services Officer
B.C. Coastal Islands

Pay – Direct Drug Card

The PSHCP drug card is expected to be operational by mid 2009. With the pay-direct drug card, claims for drugs covered under the PSHCP can be processed electronically at the pharmacy. This will mean that members will pay only any outstanding deductible amount, their co-payment, and a fee for each drug dispensed instead of paying the full amount of the prescription. This will eliminate having to claim for reimbursement.

Membership Report

As of August 14th, 2008, the Nanaimo and Area Branch had 1750 members comprising 1182 superannuates and 568 spouses. There are 1361 on DDS and 389 pay at Branch. Since the last Report (May 15th), the following changes have taken place:

New or Reinstated Members (19)

Bill & Jean Ainslie
John England
Trudy Fischer
Al Francis
Deborah & Andrew Graham
Kathleen Hall
Al & Linda Malcomson
Irene McCord
Penny & Richard McLaughlin
Irene & Mycola Ponomar
Josh & May Purney
Doug Slowski
Dick Stasuik

Transferred In (11)

Thomas Bell, from BC10 South Okanagan
Grant & Lynne Donaldson, from BCo8 Vancouver
Francis Dunn, from BCo4 Fraser Valley West
P & Kenneth Meyer, from AB17 Edmonton
Nigel Paterson, from AB16 Calgary & District
David & Kathryn Watson, from BCo9 Victoria-Fred Whitehouse
Fred & Ann Zielke, from BC12 Kamloops

Transferred Out (10)

Stephen & Linda Barnard, to ON40 London
Dawneen Cooper, to BC14 Sidney & District
Lyn Hamilton, to BC11 Okanagan North
Jan Labossiere, to ON38 Kingston & District
Steve Mercer, to BCo9 Victoria-Fred Whitehouse

Whitney & Barbara Moyer, to BCo9 Victoria-Fred Whitehouse
Herbert & Jenny Schmidt, to BCo3 Duncan & District

Membership Cancellations (5)

Juliette Huot
Roy & Norma Johnson
Gerald & Sheila Roy

In Memoriam (17)

Barbara Baine, survived by husband Walter
James Eggleston, survived by wife Anne
Robert Garbett
Thomas Gilchrist, survived by wife Shirley
Frank Hetherington
Patricia Jackson
Harvey Jones, survived by wife Anna
Barney Magnus, survived by wife Constance
Claude Moseley, survived by wife Audrey
Robert Palmer, survived by wife Doreen Cowie
Elizabeth Schilds, survived by husband Ronald
Ann Smith, survived by partner George Hopcraft
William Sheppard, survived by wife Marjorie Donald Tourand
Bill Veenstra, survived by wife Sandra Irene Ward, Nanaimo
Wayne Whitnell, survived by wife Carole

Lost Sheep (4)

We have lost contact with the members below (last known residence location shown). If you know where they are now, please let us know or ask them to get in touch with us. Thanks.

Nanaimo - Leslie Beamish, Dorothy Emslie, Stan Hill & Shirley Hennessey

Vic Ashdown

Membership Director

Financial Report to August 02, 2008			
Balance Sheet		Income Statement	
Cash on hand	\$ 1,959.03	January 01, 2008 to August 02, 2008	
A/R DDS/Other	\$ 7,166.60		
Prepaid Expense	\$ 62.32	Income	\$ 10,196.90
Investments	\$ 23,148.67	Expenses	\$ 4,087.75
Percapita Payable	\$	Net Income	\$ 6,109.15
DOB Reserve	\$ - 6,297.59		
Equity	\$ 26,039.03	Prepared by Marg Mostowy	

Newsletter via Email

The Branch sends out this Newsletter via email to those that wish to receive it in that format. This method of delivering the Newsletter has proven very popular and you are urged to consider receiving it in this fashion.

The advantage to you is that you will receive it in full colour about ten days earlier and will be able to file it away on your computer for easy reference. The advantage to the Branch is that we save \$4.00 annually per household in printing and postage costs, not to mention the time required to stuff and label envelopes, etc.

The standard email version is in Portable Document Format (PDF) so you will need Adobe Reader software on your computer to read it. This software is available at <http://www.adobe.com/products/acrobat/readstep2.html> It can be downloaded free of charge and is very useful to have for reading other documents on the Internet. (A Microsoft Word version of the Newsletter is also available on request.)

The email Newsletter is sent as an attachment and is scanned for viruses, etc., by up-to-date security software before dispatch.

If you wish to receive the Newsletter via email, please contact Vic Ashdown, the keeper of the membership database, (ashdown@shaw.ca or (250) 248-2027). If you're not sure, simply email him and ask for a copy of this one as a trial.

Tax Alert! Canadian Revenue Agency Warns of Mail Scam

The Canada Revenue Agency (CRA) is warning taxpayers to beware of a recent scam where some Canadians are receiving a letter fraudulently identified as coming from the CRA and asking for personal information. The letter is **not** from the CRA. A [PDF version of the letter](#) is available on the CRA Web site at www.cra.gc.ca/alert.

The letter claims that there is "insufficient information" for the individual's tax return and that in order to receive any "claims," they will have to update their records. The letter attaches a form specifically requesting the individual's personal information in writing, via fax or email, including information on bank accounts and passports. This letter is not from the CRA and Canadians should not provide their personal information to the sender.

For information about this and other similar scams, or to report deceptive telemarketing activity, visit www.phonebusters.com, send an email to info@phonebusters.com, or call 1-888-495-8501.

And – For More on Scams

Due to the new “Internet Age”, there appears to be an influx of new scams making the rounds. Most of these scams are sent via email or by online advertising. The RCMP have prepared a website where they list and review the most common and most dangerous scams and identity theft cons. Should you wish more information, please click on the following link which will take you to their website.

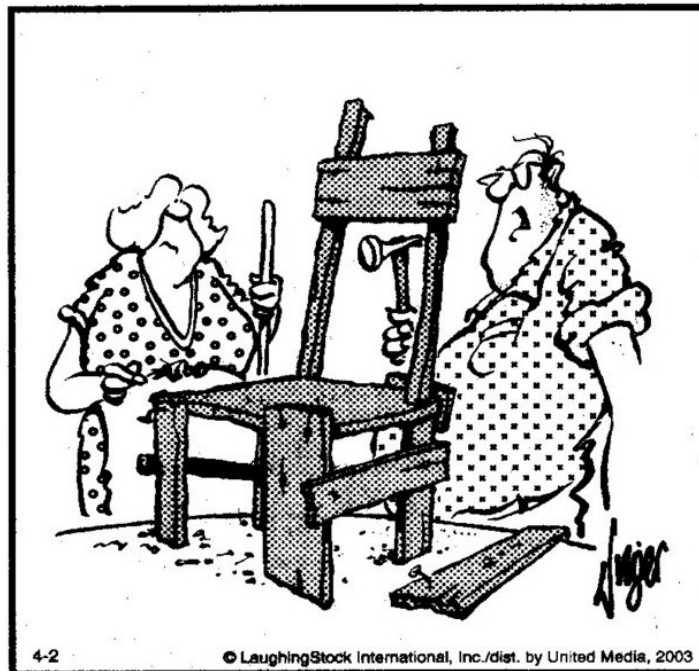
http://www.rcmp-grc.gc.ca/scams/canadian_practical_guide_e.htm

Important Notice! Recruitment Campaign, September 2008

Every two years, Public Works & Government Services Canada (PWGSC) mails out FSNA recruitment material to all federal retirees. Mail out is scheduled for September 19. Unfortunately, the only FSNA members that can be identified and removed from this mailing are those for whom dues are being deducted at source (DDS) – and then only for the pension from which that deduction is made. Therefore, many FSNA members – those who pay dues by cash or cheque as well as any household in which more than one pension/allowance is received – will receive copies of the recruitment package. If you receive such a package this fall, ignore it. **You are already a member – you do not have to rejoin!**

Every retiree needs a productive hobby

HERMAN



**“I’ve nearly finished this.
Got any furniture polish?”**