

# FSNA Quarterly Newsletter

## Nanaimo & Area Branch

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June 2011

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**FSNA Meeting, March 24, 2011 at the Coast Bastion Inn, Nanaimo**

### Next Meeting—Parksville

**Date / Time:** June 16, 2011 at 11:00 AM, doors open at 10:00 AM

**Location:** Bayside Quality Inn, 240 Dogwood St. Parksville

**Directions:** Dogwood St. is 0.8 km West of the intersection of McMillan St. and W. Island Hwy. Turn right onto Dogwood St. The meeting Room is about halfway between the parking and the main entrance. Look for the FSNA signs to guide you.

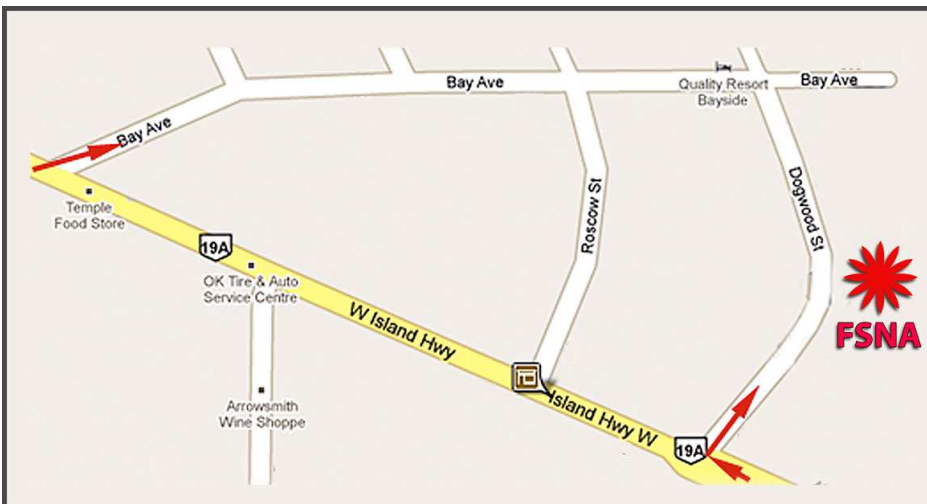
**Meeting / Lunch:** There will be a short business meeting followed by a presentation on home care concluding at about 12:30. Lunch will be served at 1:00 PM in the restaurant. The lunch will be chicken breast a la Swiss, vegetables, potatoes, dessert, tea or coffee. Cost, including gratuities and tax, will be \$18.00 per person payable at the door on arrival.

**Guest Speaker: Anne Gavey** is the manager for Home and Community Care in Oceanside, Parksville. She will speak on “In Home” services and potential subsidies for seniors in our area. She has a Master of Science in Nursing and has worked with VIHA in Parksville for the last 5 years.

**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 or add a person, please call **Susanne Body at 250-729-9588**. The last date for cancellation to avoid billing is **Thursday, June 9.**

**Don't Forget to Wear Your Name Tag!**



## President's Comments



**Pres. Rene**

I would like to thank the Directors who stepped into the retiring member slots.

We are still looking for a Vice President, so contact me if you are willing to help. Nanaimo was represented by Bob Hoogerbrug and myself in Duncan at the presidents/resolutions meeting, 21 resolutions were discussed.

In the afternoon the Presidents had a general meeting. We were introduced to our new RSO Elect BCCI **Rhoda Mizen** who will be taking office after the convention. Just a reminder that I am always open to new ideas and always ready to help.

*Your President Rene.*

### FSNA - Nanaimo & Area Branch

#### Annual General Meeting - 24 March 2011

Time: 11:00 AM

Attendees 139

The AGM was called to order by Rene Marchand, President and Chair. Rene welcomed all members and asked new members to rise. There were with a total of 139 in attendance, including four new members.

Al Heinrich, the present Regional Services Officer and Provincial Advocacy Officer for BC was also welcomed.

### Committee Reports:

#### Finance: Marg Mostowy

Marg stated that when she took over as Treasurer in 2007, she amalgamated all the Reserve Funds, which had been placed in 4 separate GIC's, into 1 GIC. This GIC now needs to be divided back into separate Reserves - these Reserves need to be determined by the Executive Members prior to 31<sup>st</sup> October 2011. The main expenses during the 2010 fiscal year were: Postage (mailing out of the Newsletter), Printing (of the Newsletter), Regional Conferences/Meetings, Volunteer Lunch and lunch subsidization at the Annual General Meeting.

Income Statement 01 January 2010 to 31 December 2010 and the Balance Sheet for the same

time period was summarized by Marg and having no questions asked, requested a motion for acceptance. Seconded by Gwen Anders, that the Income Statement and Balance Sheet for fiscal year 2010 be adopted as circulated. Carried.

Marg further summarized the proposed **Budget for 2011**. It was stated again by Marg that the surplus funds of approximately \$12,500.00 needs to be allocated prior to the 31<sup>st</sup> of October 2011. The National Office has suggested that the funds be separated out into individual accounts such as, Defence of Benefits, Membership Benefits, Capital Assets (Equipment), Charity etc.

**Moved** by M. Mostowy that the proposed Budget for 2011 be adopted as circulated. Seconded by D. Dunsmore. Carried.

### Report of the Financial Review of 2010 - M. Mostowy

The Financial Review Committee as approved at the 2010 AGM consisted of Bob Stitt and Deanna Neeve. This committee was tasked with the responsibilities of recommending to the AGM the approval of the financial statements, reviewing the reporting procedures and ensuring compliance that the law was being met. To this end the committee met with the Treasurer and examined the financial statements and supporting documents.

The committee was satisfied that all the financial obligations had been met. A copy of Review Form has been circulated.

A call for Reviewers for 2011 was made to the assembly but no volunteers stepped forward.

#### **Action: Two (2) Reviewers required.**

This is Marg's last month as the FSNA Treasurer, she said that it had been a very wonderful experience. Marg has been actively involved with the Nanaimo FSNA for the last 15 years. She thanked her husband, Nes, for his support and everyone else that has helped along the way.



**Motion** made by Duncan Dunsmore that **Marg Mostowy be awarded a Life Time Membership for her past service and dedication.** Seconded by Harold Goodman. Carried.

Charles Scrivener gave a brief explanation of the Supreme Court Ruling with respect to the Death Benefit - this was a Charter challenge, claiming age discrimination against Superannuates and Military Survivors that received the Death Benefit. The case was dismissed.

**Programs Director** - Pat Mason



This is also Pat's last meeting as Program Director. She has served 9 years in this capacity and she gave thanks to all who had assisted her over the years.

**Hospital Visits** - Harold Goodman



**Harold Goodman**

No requests for visits have been received. Harold made a special mention of **Pat Wilson**, a long time member who has moved to Sechelt to be closer to her son. She asks to be remembered to all.

Anyone wanting a name tag please contact Harold. Also Harold has been unable to contact Arthur Clarke, Port Alberni, anyone that can help, call Harold.

**Telephone and Records** - Barb Campbell



This is also Barb's last meeting as Director of Telephones and Records. She has served since 2003. A great big thank you to everyone.

**Health and Benefits** -

Rick Neugebauer/Ken Jones

A handout was placed on each table with information on the Drug Card and how to apply for a Pharmacare number if you don't already have one.

PSHCP premiums will increase 01 April 2011. This is a 45% increase but it is the first increase

since 1996. The increased rates will remain unchanged for the next five (5) years. This was a negotiated agreement between 17 agencies, the FSNA being one. This is unlike the Dental Plan in which no negotiation took place

The supply of medication has been increased from 30 days to 100 days. Those members requiring medications that are non-generic must ask the doctor to write "no substitution" on their prescription instructions, if not, then the pharmacy will issue the generic version.

Another plea made for volunteers, as Rick says "let's give something back".

Report moved for acceptance by Ken Jones, seconded by Bob Hoogerbrug. Carried.

Suggestion made by Sherwood Moore that because we live in an earthquake zone it would be prudent to have a separate supply of medication available in the case of an emergency. Great idea!

**Rick Neugebauer's Response**

I would like to report on an issue that was raised by a member at the last AGM. The question arose out of the tragic events that unfolded out of the earthquake and tsunami in Japan.

The question related to preparation for a possible catastrophic event and having sufficient prescription medication on hand in the event of such an occurrence. I contacted **PSHCP** (through our National Office) and received the following reply:

*"Obviously, events such as the devastating tragedy in Japan bring "what-ifs" to the surface, and raise anxieties.*

*Unfortunately, the PSHCP would not be the party to insure against such disasters or to make provision for them. There is no provision under the plan for "an emergency supply of medication".*

*I understand the concern, but short of stockpiling medication as if one were going on vacation, I'm not sure how this could be addressed. Also, what happens to the supply? Would the member use it up (one would trust) in the event that there is no disaster, because otherwise, members would have issues with expired medication or potentially issues with not being able to refill their prescription, since the electronic record would indicate that they still have medication remaining."*

Through **Emergency Management British Columbia (EMBC)** I received the following information:



*In BC all community pharmacies are connected to PharmaNet which is a central provincial computer system and data base. Pharmacists must (under PODSA statute) enter all prescription medications dispensed in community pharmacies into this system. Consequently, any pharmacist in a community pharmacy anywhere in the province can look up a person's medication profile and dispense an emergency supply of medication. It does make it easier for the pharmacists to do the lookup if patients have their Care Card or Personal Health Number, so it is important that people bring their identification information with them when they evacuate. If it is a managed evacuation and they can take their current medication supply with them, that is always a good idea. There are over 1000 pharmacies in BC, so it should be possible to get critical medi-*

*cations for people who have evacuated. Having said that – it is not a bad idea for people to refill their prescriptions a couple of days before they are completely out.*

A good question, and answers from the agencies responsible.



Al Heinrich, Provincial Advocacy Officer, swears in the new Board at the AGM

### NEW BUSINESS

**The Election of Officers** was conducted by Past President Bob Hoogerbrug.

The following individuals were elected.

President	Rene Marchand
Vice President	Vacant
Secretary	Penny Kanigan
Treasurer	Vacant
Membership Director	Vic Ashdown
Membership Secretary	Doris Grieves
Director of Health & Benefits	Rick Neugebauer
Health & Benefits Officer	Ken Jones
Director of Programs	Al Tully - nominated by P. Kanigan, seconded by I. Williams. Elected.
Newsletter / Web Site Editor	Ian Williams
Director Telephones & Records	Leroy Wood - Volunteered - accepted.
Director of Registration	Susanne Body
Director at Large	Bob Willis - volunteered, seconded by Vic Ashdown, Elected.
Hospital Visits (Nanaimo)	Florence Milburn - volunteered, seconded by Charles Scrivener. Elected.

Swearing in of all (with the exception of Leroy Wood) was undertaken by Al Heinrich, PAO / RSO. Leroy will be sworn in at a later date. Also, since the meeting Ken Jones has agreed to take on the role as Treasurer. We now have vacant positions in Vice President and Health and Benefits Officer.

We thank all of the volunteers, old and new. We need you!\_\_\_\_\_

Penny Kanigan  
Recording Secretary

Rene Marchand  
President

## Program - InvestRight

The speaker was Andy Poon from BC Securities Commission talking about their investor education program. This program is an excellent source



of information for an investor or anyone who is thinking about investing in the markets. He presented the highlights from the program and gave real life examples of couples losing their life savings to scammers.

### Be an informed investor

Know yourself. InvestRight has easy-to-read, easy-to-follow tips, tools, and information.

### Work with an advisor

Is your advisor a good fit for you? Do you have the advisor-client relationship you want? The better you understand your role and theirs, the better investment decisions you'll make and the better your portfolio will perform.

### Follow the market

It's hard to understand your investments when you don't know the language. Learn how markets behave, what to make of the vast amount of market data available today, how to use it, and what to watch out for.

### Spot investment scams

What you don't know about investment scams can cost you dearly. Know what to look for, how to recognize a scam in action, and what you can do to protect yourself, your family and friends, and your community.

Fraud artists will do anything to separate you from your money. Check out the techniques they use in the examples below. Knowing their tactics could save you from falling for an investment scam.

### Cold calls

Have you ever received a telephone call about an



**Gordon Hartman and Florence Milburn were the lucky winners of the door prizes provided by Andy Poon.**

amazing investment opportunity'? If so, be careful: the investment may not actually exist.

### Friends and family

Many people turn to their family, friends and co-workers as sources of information when it comes to investing.

### Internet promotions

The internet is a quick, easy and cheap way for scam artists to find potential victims for their investment scams?

### Investment ads

Does an investment ad you read in the paper or hear about on the radio sound too good to be true? It just might be.





## Many Thanks, Your Help is Much Appreciated



**Certificates for Five-years of Service** were presented to Seven Branch members during the March 24, 2011 AGM at the Coast Bastion in Nanaimo. From Left to Right in the photograph, they are **Jim Gahr, Thelma Hopkins, Florence Milburn, Jean Wood, Isabell Ryan, Anne Elphick, James Purdon** and **President Rene**.

### Awards/Speakers/History

Charles Scrivener



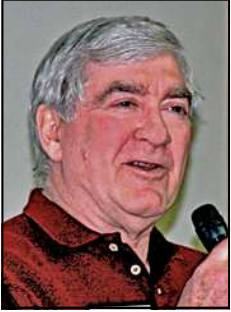
There are 10 - 5 year Volunteer Awards to be given out this year. As well as the certificate each award recipient present at the AGM will be provided with a free lunch. They are: Ann Elpick, Phoner Captain, Jim Gahr, Phoner and Special Projects, Anne Gibson, phoner, Thelma Hopkins, phoner. Florence Milburn, phoner, James Purdon, phoner, Isabell Ryan, phoner, Anne Slykerman, phoner, Ruth Winkelmann, phoner and Jean Wood, phoner. Charles will ensure that the three(3) honouree's who were not at the AGM receive their award. Anyone with suggestions for speakers should contact Charles.

### Grandparents

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair.. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

## **Membership Report -** *Vic Ashdown, Director*



As of May 12th, 2011, the Nanaimo and Area Branch had 1976 members comprising 1319 retirees and 657 spouses. Of the 1319 retirees, there are 1145 on DDS and 174 pay at Branch. Since the last Report (February 17th), the following changes have taken place:

### ***New or Reinstated Members (15)***

Betty Bestwick  
Larry & Beverley Blair  
Philip & Sharlene Coss  
Larry Douglas  
David & Elizabeth Kirkby  
Lillian Maxwell  
Helen McBride  
Margaret McCulloch  
Gene & Constance Pinnegar  
Rebecca Webber  
Ron Wilschut

### ***Transferred In (8)***

G Ford, from BC11 Okanagan North  
David & Susan James, from SK25 Saskatoon & Area  
Leonard Jerritt, from BCo6 Vancouver Island North

### ***Transferred In, cont'd***

Gerry Rivard, from BCo8 Vancouver  
April Steel & Gary Railer, from BCo3 Duncan & District  
Shirley Wingham, from BCo6 Vancouver Island North

### ***Transferred Out (4)***

Bill & Thelma Dunsmore, to SK24 Regina & Area  
David Haworth, to BCo4 Fraser Valley West  
Marjorie Speed, to BCo9 Victoria-Fred Whitehouse

### ***Membership Cancellations (11)***

Phyllis Hood  
Brian Jackson & Shirley Mitchell  
Louise Krause  
Daryl & Russell Krepps  
Cathy Lehmann  
Irene McCord  
Norman Pickles  
Eva Thompson  
Joy Uthoff

### ***Lost Sheep (4)***

Gloria Browne, Nanaimo  
Fred Clark, Nanaimo  
Marie Gorton, Nanaimo  
Caroline Ion, Nanaimo

### ***In Memoriam***

Doug Blackwell, survived by wife Joan  
Helga Bunting, survived by husband Allan  
Jack Clegg, survived by son Jack  
Peter Edens, survived by wife Janet  
Maija-Leena Hann, survived by husband Peter  
Clifford Hume, survived by wife Marilyn

Shirley Le Brasseur, survived by husband Robin  
James Orloff, survived by wife Tillie  
Edward Pearce  
Gordon Pierce, survived by wife Margie  
Myrtle Snidal  
Mildred Thompson

## **Old Age Security (OAS) and Canada Pension Plan (CPP) - Payment Dates**

Old Age Security and Canada Pension Plan payments are automatically deposited into bank accounts in Canada and the United States on the following dates in 2011:

May 27	September 28
June 28	October 27
July 27	November 28
August 29	December 21

## FSNA Nanaimo Executive, Directors & Volunteers 2011

<b>Class</b>	<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Executive</b>			All 250	
Exe	President	Rene Marchand	753-1657	<a href="mailto:bendawn@shaw.ca">bendawn@shaw.ca</a>
Exe	Vice-President			
Exe	Secretary	Penny Kanigan	760-0929	<a href="mailto:pennykanigan@hotmail.com">pennykanigan@hotmail.com</a>
Exe	Treasurer	Ken Jones	586-5002	<a href="mailto:casper6@shaw.ca">casper6@shaw.ca</a>
Exe	Past President	Bob Hoogerbrug	751-8735	<a href="mailto:r-choog@shaw.ca">r-choog@shaw.ca</a>
<b>Directors</b>				
Director	Membership Director	Vic Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Director	Membership Secretary	Doris Grieves	716-1952	<a href="mailto:dgrieves@shaw.ca">dgrieves@shaw.ca</a>
Director	Awards/Speakers/Hist.	Charles Scrivener	758-2240	<a href="mailto:scrivener@shaw.ca">scrivener@shaw.ca</a>
Director	Newsletter Editor	Ian Williams	758-0954	<a href="mailto:williv@telus.net">williv@telus.net</a>
Director	Program Director	Al Tully	740-0306	<a href="mailto:altully@shaw.ca">altully@shaw.ca</a>
Director	Health & Benefits	Rick Neugebauer	752-0952	<a href="mailto:rneugebauer@shaw.ca">rneugebauer@shaw.ca</a>
Director	Health & Benefits			
Director	Telephone Director	Leroy Wood	758-0078	<a href="mailto:woodsie@shaw.ca">woodsie@shaw.ca</a>
Director	Director Registration	Susanne Body	729-9588	<a href="mailto:sbody@shaw.ca">sbody@shaw.ca</a>
Dir. At Large	Special Projects	Bob Willis	468-0260	<a href="mailto:willisbob@shaw.ca">willisbob@shaw.ca</a>
<b>Coordinators</b>				
Area	Parksville	Harold Goodman	248-3269	
Area	Port Alberni	Marg Pierce	723-9791	
Area	Qualicum Beach	Sherwood Moore	752-1048	
Area	Tofino/Ucluelet	Sandy Henry	726-7086	<a href="mailto:macfunnelcover@telus.net">macfunnelcover@telus.net</a>
Cards	Nanaimo & Area	June Wiebe	756-4873	<a href="mailto:juneldo@shaw.ca">juneldo@shaw.ca</a>
Cards	Parksville/Qualicum	Michelle Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Cards	Port Alberni	Marg Pierce	723-9791	
Nominations	Committee Chair			
Com	Special Projects	Jim Gahr	754-0989	<a href="mailto:heidleberghound@shaw.ca">heidleberghound@shaw.ca</a>
Hospital Visits	Nanaimo Area	Florence Milburn	248-4466	
Hospital Visits	Parksville/Qualicum Area	Harold Goodman	248-3269	
Phone Captain	Nanaimo	Anne Elphick	751-2993	<a href="mailto:aelphick@shaw.ca">aelphick@shaw.ca</a>
Phone Captain	Nanaimo	Bertha Nixon	758-0378	
Phone Captain	Nanaimo	Liz Barker	756-9643	<a href="mailto:lizpeterbarker@telus.net">lizpeterbarker@telus.net</a>
Phone Captain	Nanaimo	Marion Rivers	758-9783	<a href="mailto:merivers33@shaw.ca">merivers33@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Barrie Bonfield	954-3780	<a href="mailto:bbonfiel@shaw.ca">bbonfiel@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Michelle Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Phone Captain	Port Alberni	Marg Pierce	723-9791	