

# National Association of Federal Retirees Quarterly Newsletter



**Nanaimo & Area Branch**  
PO Box 485, Lantzville, BC V0R 2H0

**March 2015**  
Tel: (250) 468-0260



Two Hundred and five people turned out for our November meeting held at Tigh-Na-Mara, Parksville.

## Next Meeting - Annual General Meeting

### **Date/Time:**

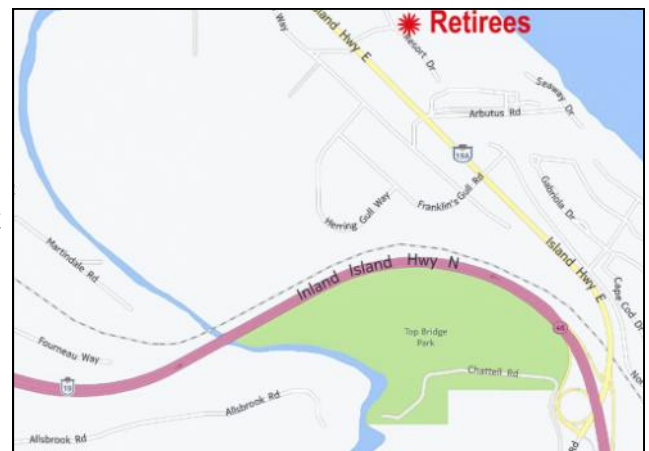
Thursday, March 26, 2015, Meeting starts 1100 AM.

### **Location:**

Tigh-Na-Mara Resort and Conference Centre, 1155 Resort Drive, Parksville, B.C.

### **Directions:**

Resort Drive is 1.5 km West on W. Island Highway from Exit 46 on Inland Highway 19. Turn right onto Resort Drive. Tigh-Na-Mara Resort is 170 meters off the Highway.



### **Meeting/Lunch:**

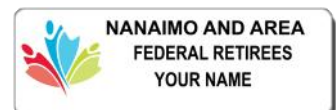
Doors open at 10:00 AM. There will be a short business meeting, including voting on amended bylaws and the election of officers, followed by a presentation concluding at about 12:30. Lunch Buffet - includes salads, roasted chicken, wild mushroom pene, steamed vegetables and rice, coffee and tea and a sweet table.

### **Presentation - Nanaimo Disability Resource Centre - Christina Young, computer school**

**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 Association 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 **Jim Gahr at 754-0989**. **The last date for cancellation to avoid billing is Sunday, March 22, 2015.**

**Don't forget your name tag**



FSNA Nanaimo Events 2014					
DATE	EVENT	PLACE	VENUE	MEMBER \$	GUEST \$
<b>March 26</b>	Annual General Meeting	Parksville	Tigh Na Mara	\$25.00	\$26.00
<b>May 11</b>	Volunteer Lunch	Lantzville	Legion	N/C for volunteers	\$22.00
<b>June 18</b>	General Meeting	Nanaimo	Coast Bastion	TBA	TBA

## President's Message, March 2015:

The National Office staff of our Association have been busy on many fronts, including preparations for the upcoming Federal Election, the hiring of a public relations firm, and the roll-out of a new computer based system (CRM : client relationship management). Add to that the daily tasks of serving our members nationwide, distribution of our new logo and brand name, it is readily apparent that the hours are long.



**Pres. Bob Willis**

The next issue of Sage magazine will have more information and suggestions reference the looming election, but in the meantime visit [www.honouryourpromise.ca](http://www.honouryourpromise.ca) and visit often for updates. National Office has prepared Toolkits and strategy guidelines for your Branch volunteers to utilize once the campaign starts. Remember though, that we are a Non-Partisan Association.

On the Local level preparations are well underway for our Annual General Meeting on the 26<sup>th</sup> of March, 2015, at Tigh-Na-Mara, in Parksville. There will be a brief Business meeting that will include approval of our new Branch by-Laws; an election of Officers, and our Guest Speaker Sylvia Ceacero, our Chief Executive Officer of the Association.

We are undertaking initiatives on several fronts to get our Association known in the community. We have advertised in local news outlets and Senior's publications. For the March AGM we are asking that members attending donate a non-perishable food item, or cash, that we will pass on to local charity. A separate table will be set up at the entrance to the meeting for your kind donations.

With the welcome addition of four new volunteers to the Executive Committee, there has been a flood of new ideas and energy and couple that with the seasoned veterans, the Team/Committee concept is working well.

In May we honour our volunteers with a meal and recognition of their efforts this past year.

Also in May the BC District Conference will be held in Chilliwack with representatives from all BC Branches attending, as well as our National

Directors and representation from Ottawa National Office. This meeting will be a precursor to the Annual Members Meeting to be held in Ottawa in late June. High on the agenda for this meeting will be our preparation for said Federal Election.

Personally, this past year has been a busy one, but with the assistance and guidance of your Executive Committee, we will continue to serve our members at the highest level.

Respectfully submitted,

Robert (Bob) Willis, President

## News from our last General Meeting

Date: 20 November 2014

Time: 11:00 AM

Place: Tigh Na Mara Resort, Parksville, BC

Attendees: 205

Meeting was called to order by Bob Willis, President and Chair. All new members and first time attendees were acknowledged.

1. Minutes of the GM held September 25, 2014 were circulated. No errors or omissions were noted. Moved as accepted.

2. Committee Reports

### President's Report

BC Regional Meeting was held in Chilliwack (Oct 28-30) and attended by the President, Fran Graham (Communications) and Vic Ashdown (Membership and Database). A representa-

tative of COSCO (Council of Senior Citizens' Organization), Lorraine Logan and Isobel MacKenize, BC 's Senior Advocate) were also in attendance. Isobel MacKenize was in Qualicum at the Civic Centre on November 26<sup>th</sup> from 10:00 to 12:00 –some of our members attended her presentation.

It is getting harder to find venue's that will accommodate our General Meetings, and we thank Tigh Na Mara and their staff for doing so.

### Finance – Dave Watson

Dave Watson volunteered to present our financial statement, copies of which were placed on each table. Dave reports that he and Ken have been working on cleaning up the statements to reflect an accurate report. Margie Dunsmore has volun-



**Penny Kanigan**

teered to take on the role as Treasurer commencing in January 2015. Thank you Dave for filling in for Ken Jones.

### Membership - Vic Ashdown

The membership report was circulated prior to the meeting. A minute of silence was observed in memory of the four (4) deceased members. 140 invoices have been sent out to those members who are not on DDS (Direct Deposit) and whose membership expires on the 31<sup>st</sup> of December 2014. The membership for those individuals who joined in 2014 will expire one (1) year from the joining date. For example if you joined September 1<sup>st</sup>, 2014, membership will expire September 30<sup>th</sup>, 2015.

### Health & Benefits - Sharon Whalen

Sharon has had a number of calls since our September meeting, the majority of which concern our PSHCP. We are still looking for a volunteer to become a back-up for Irene McLean for Nanaimo Hospital Visits.

### Programs – Rick Roberts

As Rick is relatively new to the job of Program Director, he asks that if anyone has any complaints or comments to let him know. Rick has also taken on the role of finding Speakers for our General Meetings – again any suggestions let him know.

### Historical/Awards – Charles Scrivener

The history of our Branch has been updated, although at the moment Charles is looking for our 1982 Charter. Our By-laws have been updated due to the change from an Association to a Not-for-Profit Organization. [More...](#)

### Name Tags – Harold Goodman

Harold has several name tags for pickup.

### Telephone Director – Barrie Bonfield

More phoners are needed.

Contact Barrie if you are able to help.

### Registrar – Jim Gahr

Great turnout!! A quick reminder if you're unable to make the luncheon and need to cancel, let your phone captain know, or your phoner or Jim.

### Communications – Fran Graham (Absent)

In Fran's absence, the President gave the Communication report. At the Regional Meeting in Chilliwack, representatives from the National Of-

fice were in attendance and were surprised to find out that our Branch actually advertises for new members. Other Branches thought it was a novel idea. Due to waiting for the new Association logo we were delayed in placing our advertisement in McGuffey's News – good thing as the coffee paper has gone bankrupt.

*All reports accepted as present.*

### 3. Correspondence

Loblaws (affiliate of the Superstore) is our latest Affinity Partner

### 4. Unfinished Business

Eyeglasses left at our March AGM at the Coast Bastion have not yet been claimed. If the glasses are yours, please call Penny Kanigan.

Thank you to all the volunteers who have stepped forward. We even have a wait list of 7 members to act as wreath layers in 2015. Thank you to Leroy Wood for helping out at the last moment.

### 5. New Business

Our National Office does not want us to use acronyms. We can use words such as Federal Association, The Association, Federal Retiree's, etc.

Legal Action is being taken against the Federal Government in response to and against the increase to the PSHCP cost sharing ratio from 25/75 to 50/50.

Donations: any funds raised by members can be donated to any charity or organization of their choice.

If you know of any hospitalized Association member who would appreciate a hospital visit, please phone any member listed on the last page of this newsletter or inform your telephoner when called re Meeting attendance.

### **Payment Dates for Government Pensions**

The following are dates that 2015 pension payments are transferred in pensioner's account, via Direct deposit or that regular pension cheques (paper) can be cashed.

March 27	June 26
April 28	July 29
May 27	August 27

Shoppers Drug Mart: discounts do not apply to local Shoppers Drug Marts – these discounts are for Shoppers Home Health Care and Parmaprix Optimum and Shoppers Specialty Health locations and are for items such as: supports, braces, mobility aids, etc.

Door prizes donated by Tigh Na Mara were drawn after our Adjournment and were won by:



Top: Left - Judith Crichton, Right - Ivy Perry.  
Bottom: Pres. Bob presents Louis Lapi with prize



Dr. Lynne MacFadgen presented  
“Positive Adaptive Aging”

## A is for Advocacy - Ray Lauzier

The National Office and the Nanaimo and Area Branch are undertaking a higher advocacy role in the wake of the Government’s unilateral changes to the Public Service Health Care Plan for retirees. An “Honour Your Promise” campaign was started, targeting Tony Clement, the President of the Treasury Board who initiated those detrimental changes. This will now be the motto for a wider-ranging advocacy campaign to take a pro-active stance before any other detrimental and unilateral changes are made to retirees benefits earned throughout their careers. Locally, at the Branch level, an advocacy committee was formed (Margie Dunsmore, Ken Jones, Ray Lauzier and Charles Scrivener) to determine the most important priorities of members. The committee will evaluate strategies, and set short-term and long-term goals on how to best raise the profile, represent and protect the interests of retirees. The most important concerns of retirees determined nationally are the protection of pension benefits and protection of health care programs. However, locally, the advocacy committee would like to determine what are the most important concerns and issues of Branch members to forward to the National office, local politicians and the public. Further details will be provided at the Branch Annual General meeting on March 26 at Tigh-Na-Mara Resort. We are in a unique situation of a federal election year, and we are going to take full advantage to raise our profile and get the assurances we need that there will be no further erosion of the benefits we earned.

### Scam Corner - Charles Scrivener

E-mail, and telephone scams are becoming more numerous and creative. They tend to fall into five categories : “your WINDOWS is compromised” email, the “Microsoft” telephone call, “you have Inherited” email, a “relative in trouble” phone call, and “Grandkids” or niece/nephew stuck somewhere scams. They start by “Phishing” for your personal information. A recent email came from “a couple” who won a huge “Jackpot”. They divided part into \$850,000 US awards for “Five lucky individuals who will in turn use 50% of the funds to assist the less privileged”. They direct you to a website so that they “can confirm your details to send to the payout bank”. If you respond, they “request” more detailed information and probably start asking for “fees”.

## Financial Report - Ken Jones

### Canadian Western Bank Reconciliation

**2/5/2015**

#### Current Assets

Total Cash \$5,299.41  
\$9.50

#### Canadian Western Bank Statement 14 January 2015

Current Balance \$6,511.20  
Outstanding deposit \$62.28  
Sub Total \$6,573.48  
Minus outstanding cheques \$1,283.57

**Total Cash \$5,289.91**

**Total Cash \$5,289.91**

**2/15/2015**

Actual Cash on Hand  
Total Cash Balance \$5,289.91  
Liabilities Per Capita 2015/Minus \$193.92  
2015 Dues paid at branch/Minus \$0.00  
Minus sub total \$193.92  
**Total Cash on Hand \$5,095.99**

#### Information Technology (IT) Renewal

The Association's current national membership database, the Web-Based Membership System (WMS), is about to be replaced by the Client Relationship Management (CRM) software package produced by Microsoft Dynamics. The Association branches, including ours, participated in user testing February 09-23 to try out the system and identify problems. The testing phase went well; the CRM is more comprehensive, easy-to-use and flexible than the old WMS. It is due to come online for general use on March 02 and will be followed this summer by a new, integrated Federal Retirees website.

#### The Doctor's Clinic

A doctor in Newfoundland wanted to get off work and go hunting, so he approached his assistant. 'Ole, I am goin' huntin' tomorrow and don't want to close the clinic. I want you to take care of the clinic and take care of all my patients.' 'Yes, sir!' answers Ole.

The doctor goes hunting and returns the following day and asks: 'So, Ole, How was your day?'

Ole told him that he took care of 3 patients. 'The first one had a headache so I gave him Tyle-nol.

'Bravo, mate, and the second one?'

'The second one had stomach burning and I gave him MAALOX, sir,' says Ole.

'Bravo, bravo! You're good at this and what about the third one?' asks the Doctor.

'Sir, I was sitting here and suddenly the door opens and a woman enters. Like a flame, she undresses herself, taking off everything including her panties and lies down on the table and shouts: 'HELP ME - I haven't seen a man in over two years!!'

'Lord Tunderin' Jeezus, Ole, what did you do?' asks the doctor.

"I put drops in her eyes!!"



**FSNA Board—L-R; Ian Williams, Vic Ashdown, Charles Scrivener, Rick Roberts, Bob Hoogerbrug, Penny Kanigan, Ken Jones, Sharon Whalen, Jim Gahr, Fran Graham, Barrie Bonfield and Pres. Bob Willis.**

**Annual Election of Officers**

Our annual election of Branch Officers will be conducted at the AGM on March 26, 2015. The following list shows all who are running . Although the incumbents have indicated (yes) that they are prepared to stay on, members may apply to fill any position.

**Vacant Positions**

Phoner’s are always required and volunteers are most welcome.

If anyone is interested in standing for any of the listed positions please indicate your intention to Bob Hoogerbrug, Nomination Chair or Rick Roberts prior to the meeting.

**List of Officers to be Elected - March 26**

<b>Position</b>	<b>Name</b>	<b>Confirmed</b>
<b>OFFICERS</b>		
<b>President</b>	Bob Willis	Yes
<b>Vice - President</b>	Ken Jones	Yes
<b>Secretary</b>	Penny Kanigan	Yes
<b>Treasurer</b>	Marg Dunsmore	Yes
<b>DIRECTORS</b>		
<b>Directors</b>	Ray Lauzier	Yes
<b>Directors</b>	Marian Pickton	Yes
<b>Directors</b>	Andy Gilman	Yes
<b>Directors</b>	Charles Scrivener	Yes

**Health Care Plan**

Did you know that the Public Service Health Care Plan (PSHCP) web site has been updated and is now more interactive than ever before? The new website now replaces the hard copy PSHCP Book, which required frequent amendments. Once you securely login, the website site provides your specific up-to-date information such as:

- coverages and time frequencies between coverages;
- where your claim is in the process;
- all your claim numbers, if you need care and do not have your plastic card with you;
- registers you for direct deposits;
- gives you access to the call centre nearest you;
- provides annual summaries of all claims, payments, etc;
- access to the latest PSHCP communiques and bulletins; and much more. Check it out!

Also, the eligibility rules for both the PSHCP and the Public Service Dental Plan (PSDP) will be changed on April 1, 2015. Pensionable service required for pensioner coverage under the PSHCP and PSDP changes from 2 years to 6 years. This does not affect those currently registered for the Plans. However, anyone who is currently eligible and has not registered could be affected by the new eligibility criteria. So please spread the word and have members contact **Sharon Whalen** or **Andy Gilman** (Health and Benefits Officers) if there are questions.



## Membership Report - Vic Ashdown

As of February 19th, 2015, the Nanaimo and Area Branch had 1985 members comprising 1319 retirees and 666 spouses. Of the 1319 retirees, there are 1148 on DDS and 171 pay at Branch or by credit card. Since the last Report (October 16th), the following changes have taken place:

### **New or Reinstated Members (24 )**

Mary & Albert Carnegie  
Paul & Paulette Hendry  
Patricia Iwanson  
Brian Jamieson & Ann Richards  
Adeline Jaworenko  
Dennis & Lorelei Konchak  
Ray & Judy Lewis  
Paul Nixon  
Rose Ann & Graeme Rea  
Anita Sakayi'kn  
Alfred Sharpen & Patricia Lee  
Rich Stanley  
Kevin & Lou-Ann Winchester  
Tiah Workman  
Kae Lynne Yamanaka & Ian Bryce

### **Transferred In (9)**

G & Phyllis Fletcher from NO88 National Office  
Baden Lewis from BC11 Okanagan North  
Sean Lynch from BCO4 Fraser Valley West  
Gene & CJ Pinnegar from BCO6 Vancouver Island North  
Walter & Faye Way from SK26 Prince Albert  
Margaret Whitlock from BC12 Kamloops

### **Transferred Out (11)**

Peter & Gloria Ash to BCO9 Victoria-Fred Whitehouse  
Peter Matley to BCO6 Vancouver Island North  
Andrew & Barbara Murray to BCO9 Victoria-Fred Whitehouse  
Vern & Jan Rogers to BCO6 Vancouver Island North  
Thomas & Anne Sturge to BCO9 Victoria-Fred Whitehouse  
Richard Ward & Joyce Farquhar to BCO8 Vancouver

### **Membership Cancellations (9)**

Theresa Barber  
Terence & Sarah Jolly  
Darlynn Knox  
Phyllis Stock  
Pearl Teal  
George & Yvonne Toomey  
Joan Tutty

### **Lost Contact (3)**

G & Phyllis Fletcher, Nanaimo  
Jean Young, Nanaimo

## *In Memoriam*

Thelma Abbot survived by husband Max  
David Ayers, survived by partner Carmen Senac  
Mary Coulter  
Raymond Desjardins, survived by wife Paulette  
Mona Dunnigan  
Donald Edwards, survived by wife Patricia  
Emily Fergusson  
Harold Hiltz, survived by wife Helena  
Colin Houlihan  
James Hull, survived by wife Elizabeth  
Grant Johnston, survived by wife Anne  
Linda Kennington survived by husband John.

Doreen Lewis  
Ralph Miller, survived by wife Carole  
Peggy Mitchell  
Leone Nash, survived by husband Gordon  
Rose Pascal  
Janet Robertson  
Ghislaine Rochette  
Barry Smith, survived by wife Belle  
Frank Stelck, survived by wife Marion  
Barbara Touchie  
Carol Tutty, survived by wife Joan

### **2015 Dues – Billing (Non-DDS Paid At Branch)**

Those members paying dues at Branch are reminded that the invoice mailed out in November is the only invoice that they will receive. Memberships still unpaid on March 31<sup>st</sup>, 2015 will be cancelled.

**National Association of Federal Retirees  
Nanaimo Executive, Directors & Volunteers 2014-2015**

<b>Class</b>	<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Executive</b>			All 250	
Exe	President	Bob Willis	468-0260	<a href="mailto:bobwillisbc@shaw.ca">bobwillisbc@shaw.ca</a>
Exe	Vice-President	Ken Jones	586-7718	<a href="mailto:casper6@shaw.ca">casper6@shaw.ca</a>
Exe	Secretary	Penny Kanigan	760-0929	<a href="mailto:pennykanigan@shaw.ca">pennykanigan@shaw.ca</a>
Exe	Treasurer	Margie Dunsmore	585-0512	<a href="mailto:emdunsmore@outlook.com">emdunsmore@outlook.com</a>
<b>Directors</b>				
Director	Membership / Database	Vic Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Director	Health & Benefits	Andy Gilman	248-8595	<a href="mailto:andygilman@shaw.ca">andygilman@shaw.ca</a>
Director	Health & Benefits	Sharon Whalen	758-7012	<a href="mailto:fsnaswhalen@gmail.com">fsnaswhalen@gmail.com</a>
Director	Program / Speakers	Rick Roberts	248-7171	<a href="mailto:rick.roberts@shaw.ca">rick.roberts@shaw.ca</a>
Director	Newsletter Editor / Web	Ian Williams	758-0954	<a href="mailto:ianwilliams@fsna-nanaimo.org">ianwilliams@fsna-nanaimo.org</a>
Director	Awards/Historian	Charles Scrivener	758-2240	<a href="mailto:scrivener@shaw.ca">scrivener@shaw.ca</a>
Director	Telephone	Barrie Bonfield	954-3780	<a href="mailto:bbonfiel@shaw.ca">bbonfiel@shaw.ca</a>
Director	Registration	Jim Gahr	754-0989	<a href="mailto:heidleberghound@shaw.ca">heidleberghound@shaw.ca</a>
Director	Communication	Fran Graham	933-4766	<a href="mailto:francesgraham@shaw.ca">francesgraham@shaw.ca</a>
Director	Communication	Marion Pickton	723-1136	<a href="mailto:pfmcyj@shaw.ca">pfmcyj@shaw.ca</a>
Director	Advocacy	Ray Lauzier	756-2927	<a href="mailto:rlauzier@telus.net">rlauzier@telus.net</a>
<b>Coordinators</b>				
Cards	Nanaimo & Area	Cathey Hoogerbrug	751-8735	<a href="mailto:r-choog@shaw.ca">r-choog@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	Bob Hoogerbrug	751-8735	<a href="mailto:r-choog@shaw.ca">r-choog@shaw.ca</a>
Hospital Visit	Nanaimo Area	Irene McLean	245-2181	<a href="mailto:rim2@shaw.ca">rim2@shaw.ca</a>
Phone Captain	Nanaimo	Anne Elphick	751-2993	<a href="mailto:aelpick@telus.net">aelpick@telus.net</a>
Phone Captain	Nanaimo	Bertha Nixon	758-0378	
Phone Captain	Nanaimo	Barb Williams	758-0954	<a href="mailto:williv@telus.net">williv@telus.net</a>
Phone Captain	Nanaimo	Marion Rivers	758-9783	<a href="mailto:merivers33@shaw.ca">merivers33@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Marjorie Rose	586-7007	<a href="mailto:marjoriebrose@shaw.ca">marjoriebrose@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Michelle Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Judy Southern	752-5586	<a href="mailto:njsouthern@shaw.ca">njsouthern@shaw.ca</a>
Phone Captain	Port Alberni	Marg Pierce	723-9791	