

National Association of Federal Retirees Quarterly Newsletter



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

June 2015
Tel: (250) 468-0260



Annual General Meeting in March at Tigh Na Mara Resort, Parksville

Next Meeting - General Meeting

Date/Time:

Thursday, June 18, 2015 , Meeting starts 1100 AM.

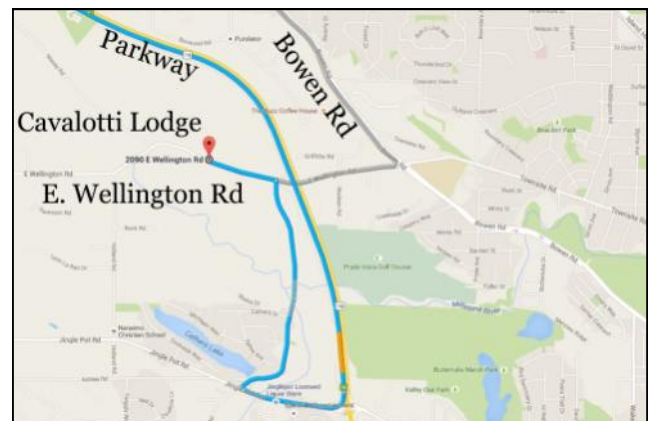
Location:

Cavalotti Lodge, 2060 East Wellington Road, Nanaimo

Directions:

From Woodgrove Centre - South 9.7 km on the Parkway, right on Jingle Pot 600 m, right on Westwood 1.3 km , left on East Wellington Rd 500 m , lodge is on right.

From Bowen Road turn West on East Wellington Rd. 1.2 km , lodge is on right.



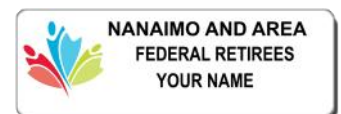
Meeting/Lunch: Buffet - Baked Herb Chicken Thighs, Spinach and Ricotta Lasagna, 2 Salads, Buns, Coffee, Tea, Dessert.

Presentation - Kevin Holt - Assurance Life of Canada - Inheritance - Money, Funerals, Property

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 933-1156**. **The last date for cancellation to avoid billing is Sunday, June 14, 2015.**

Don't forget your name tag



FSNA Nanaimo Events 2014					
DATE	EVENT	PLACE	VENUE	MEMBER \$	GUEST \$
June 18	General Meeting	Nanaimo	Cavallotti Lodge	22.00	24.00
September 24	General Meeting	TBA			
November 19	General Meeting	Parksville	Tigh Na Mara	22.00	24.00

President's Message, June 2015:

The past few months have flown by as in a breeze. We have had our AGM at the end of March, a Volunteer Appreciation lunch on the 12th of May, a couple of webinars with National Office reporting on their staff and duties, and the Strategic Plan for 2106-2018.

The BC Regional Conference in Chilliwack commences the 18th of May and of course the Annual Members Meeting is fast approaching for Ottawa near the end of June.



Pres. Bob Willis

At the Branch level one of our immediate concerns involve Advocacy and as I mentioned at some earlier time, we need "all hands on deck". I have heard comments that perhaps our Association is being too "political", however, we have to educate and inform the future decision makers in the political arena that we are of great voting numbers and deserve recognition.. We can be active, yet must remain non-partisan.

Ask questions of the political candidates, and ask if they will support legislation protecting the promises that were made by the employer, be it in the private sector or the Public Service. Most importantly, get out and vote!

Consider the alternatives: Stand by and let your benefits and indexed pensions be attacked, or stand up and fight for those promises that were made earlier in your service.

Another concern demanding a lot of debate and time at the Executive Committee meetings is the difficulty in searching out suitable venues to hold our Meetings and at a reasonable cost. Rick Roberts, the Program Director, and his committee have been busy trying to secure a suitable site. The location and the caterer are noted elsewhere in this Newsletter.

As summer approaches, we all look forward to a little down-time, but we know for sure that as the Federal election nears, our focus will be to Advocate for our members, and after the election, a continuation of that same focus.

Have a great summer,

Respectfully submitted,

Robert (Bob) Willis

President BC05, Nanaimo and Area Branch

National Association of Federal Retirees

Nanaimo & Area Branch – BC05

ANNUAL GENERAL MEETING

Date: 26 March 2015 - Time: 11:00 AM

Place: Tigh Na Mara, Parksville, BC

Attendees: 144

1. Meeting was called to order by Bob Willis, President and Chair. All new members were acknowledged. Bob introduced himself and welcomed the Regional Services Officer, Tony Dambrauskas, National Director, Al Heinrich and guest speaker, Christina Young.



Penny Kanigan



Al Heinrich, Tony Dambrauskas, and President Bob

Minutes of the AGM held March 14, 2014 were circulated. No errors or omissions were noted.
M/S/C

2. Committee Reports

President's Report

- In February 2015, the Association filed a Notice of Application that the Federal Government's action regarding the Public Service Health Care Plan is unlawful. **Penny Kanigan**
- Family Program – effective March 11, 2015 – allows members to share in the benefits and discounts of our Preferred Partners, such as Medoc.
- "The Honour Your Promise" campaign to protect our pensions and health care benefits has commenced with a focus on the 2015 Federal Election.
- The Annual Members Meeting is scheduled for June and will be held in Ottawa.
- Bob expressed his appreciation to all the volunteers and thanked Charles Scrivener in particular for the many hours he has spent developing our By-laws.

- Barrie Bonfield has resigned as Telephone Director due to health reasons and Marian Pickton has volunteered to take on this duty.
- Thank you to Harold Goodman for his 29 years of service, he is now 90 and wants to retire.
- Food items and/or cash donations – jar and bins are in the lobby.

Finance – Margie Dunsmore
The audited financial statements were circulated prior to the start of meeting, along with the proposed budget for 2015.



The role of the Advocacy Committee was explained by Margie and she also listed the names of the Committee members. This Committee is mandated to raise our profile and get assurances that there will be no further erosion of our benefits. The Advocacy Committee is open to new members and any questions and/or concerns can be addressed to any of the team members.

Awards/Historian - Charles Scrivener

One Five Year Service Award was presented to Al Tully. The President provided a brief bio of Al. Charles has developed a new format for the Five Year Service Awards, there will be four (4) awards presented at the June General Meeting.



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.

Speakers – This role has been passed over to Rick Roberts – new sources and new ideas. Any suggestions, contact Rick Roberts.

Health & Benefits -

Sharon Whalen/Andy Gilman
Andy provided a brief introduction as to what Sharon and he can do and cannot do. He explained their roles as that of a navigator, they can tell you where to go for information, but they cannot represent you. **Most importantly** members are encouraged to sign up with Sun Life medical and dental plans (PSHCP and PSDP) prior to the rule changes of April 01, 2015. All the information is included in the recent PSHCP Bulletin.



Programs – Ian Williams/Penny Kanigan

- With regard to venues – we are exploring other options, the cost of the meal has become excessive. We've checked out various private halls and caterers and have come to "no" decision other than it might be more work than we want to get into.
- Ian stressed that our Association is non-partisan. We are not affiliated with any particular political party.

Newsletter - Ian Williams

Ian has established a temporary website for our Branch. It was temporary in that he has been waiting for the National Office to activate the proposed National website – this appears to be delayed so in the meantime Ian will add some links to ours.

Registrar – Jim Gahr reported that there are 144 in attendance.

All reports accepted as present.

3. Correspondence
 - * The Spring 2015 issue of Sage is out.
4. Unfinished Business
 - Bob Hoogerbrug briefed the members on the nomination procedures.
 - Planning underway for the BC District meeting in Chilliwack, May 19, 2015
 - Registration for the June Annual Members Meeting in Ottawa.
 - Branch By-laws – Charles Scrivener
Charles has been revising our Branch By-law for the past year – the revisions are necessary in order for our Branch to comply with the Not-for Profit Corporations Act rules and regulations. Charles thanked Geoff Williams

for his assistance in reviewing the By-laws and Deb Kruse of the National Office. The National Office identified 62 issues and Charles has made the necessary changes to comply with all of them except (perhaps) By-law 11.2 and 11.3 – our definition of the word “sub-divided” differs somewhat with the National Office’s. Copies of the latest revision is on each of the tables. Once these by-law are approved today, they will be forwarded to the National Board of Directors for final approval.

Al Heinrich, National Director spoke to the “sub



-division” of Branches and is of the opinion that all unallocated funds will be fairly redistributed between the original Branch and the newly formed Branch.

5. New Business

The Oath of Office was administered by Al Heinrich, National Director.



Marion Pickton, Penny Kanigan, Andy Gilman, Charles Scrivener, Margie Dunsmore and Pres. Bob with Al Heinrich.

OFFICERS	
President	Bob Willis
Vice - President	Ken Jones
Secretary	Penny Kanigan
Treasurer	Marg Dunsmore
DIRECTORS	
Directors	Ray Lauzier
Directors	Marian Pickton
Directors	Andy Gilman
Directors	Charles Scrivener

6. National Director – Al Heinrich

Al congratulated **Al Tully** on his 5 year Service Award. The new RSO to replace **Cecile Turnbull** is **Tony Dambrauskas** – see Tony for advice and training options. Al congratulated our Branch on our excellent President, **Bob Willis** - he does a great job. On top of his President position Bob has also volunteered to become the Provincial Advocacy Officer for BC and the Yukon. Bob has also been selected as a member of the Council of Advisors (1 of 30 selected), he will work with Isobel McKenzie, Seniors Advocacy for BC. Well done, Bob!!

7. Regional Services Officer – Tony Dambrauskas

Tony spoke briefly on some of the main objectives of his position:

- Public vs Private sector pension
- The need of our Association to grow and serve our communities
- Social media – some members need computer training in order to stay informed and up-to-date.



Meeting adjourned at 12:35 by **Bob Hoogerbrug**.

Scam Corner - Charles Scrivener

E-mail and telephone scams are so numerous and creative that many organizations are sending warnings to their customers. Recently, BC Hydro warned about phone calls requesting credit card or bank account payments. Royal Bank warned about E-mail attempts to obtain your bank account information. Canada Revenue Agency warned about an “INTERAC e-Transfer” scam to pay an income tax assessment. These scams have some common features. They usually don’t know or use your proper name or social insurance number. They direct you to a website that begins “www1.” Or “//aps.cra-arc.gc.ca” instead of the true website. They usually indicate an immediate scare or threat. Government agencies, Banks, or Utilities would not request any personal information over the internet or telephone unless you are making the first contact.

Live Longer - Manage Stress

When you're stressed out, you're more likely to get sick due to a compromised immune system. You're also more likely to see bags under your eyes turn into wrinkles, or grey hairs peek out amid your natural color. When you're stressed, fatigue is an everyday feeling, and you having fun seems like a distant memory of your college days.

Then there's all the research that shows that chronic stress can contribute to heart problems, diabetes, obesity, cancer, asthma, depression, and even Alzheimer's. The reason why stress can have such a huge impact on our bodies is because it shortens telomeres, the protective caps at the end of chromosomes, which are associated with health and longevity. When telomere length is compromised, our cells age faster.

But here's the thing: You don't have to be miserable. Learning to cope with stressful events, depression, or anxiety can make a huge difference on your health and longevity. Slowing down can benefit you even on a cellular level; it prevents them from aging and dying sooner, and can stop your telomeres from shortening.

"[S]tressful events can accelerate immune cell aging in adults, even in the short period of one year," said Dr. Eli Puterman, an author of a study on stress. "Exciting, though, is that these results further suggest that keeping active, and eating and sleeping well during periods of high stress are particularly important to attenuate the accelerated aging of our immune cells."

Source - medicaldaily.com



Director's Corner

Ray Lauzier was raised in southwestern New Brunswick, in one of two francophone families in the heart of United Empire Loyalist country! He inherited his father's passion for science and gardening and his mother's slightly warped sense of humour. He left the Maritimes to pursue his post-secondary education at the mostly bilingual University of Ottawa. He also worked at the University of Ottawa as an engineering tech, during a two year academic break. When his sister described winters in BC, he enrolled in a Master's program in aquatic toxicology at Simon Fraser University. After a couple of years of microscope work and running analytical lab instruments, Ray decided the outside work of "gum boot biology" was more to his liking. After graduating with an M.Sc., he worked on various projects with an environmental consulting firm for three years, finally deciding that public science for the public good was what he really wanted to pursue. He first work with DFO was with a water column simulator that examined sublethal effects of various pollutants on juvenile salmon. He then spent several years studying the overwintering ecology of juvenile salmon, as well as the effects of various industrial processes on the survival of juvenile salmon. After thirteen years working for DFO on the mainland, he moved to Nanaimo to take on new responsibilities in marine shellfish stock assessment. He finished his DFO career working on invertebrate species at risk, and after retirement in 2013, he retains an interest in protecting species at risk by volunteering his expertise on the molluscs subcommittee of the Committee on the Status of Endangered Wildlife In Canada (COSEWIC). Ray was also very active in the Professional Institute of Public Service of Canada (PIPSC), working on bargaining, representation and public science advocacy. He was the Chair of the PIPSC Science Advisory Committee for two years, providing advice to the Board of Directors and senior Executives at PIPSC. For two years he was President of the PIPSC Applied Sciences and Patent Examination Group, with 6500 members in eleven science professional occupations. Ray joined the Nanaimo and Area Branch Executive in November 2014, as he saw the need for strong advocacy programs to protect the interests of retired public servants.

Ray relies on his wonderful wife Jane for insight, advice, and a healthy dose of reality checks.



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

Advancing Advocacy

The annual BC/YT Training Conference in Chilliwack May 19-22 had Advocacy and Communication as the main theme. There was further information on Association plans for advocacy activities during the upcoming federal election. More specific information will follow as soon as it is available.

Your Branch Executive has noted that some members have expressed concern we are becoming too political in our planned advocacy activities. There is a big difference between political representations to candidates running for office as well as politicians in office, and partisan support of political parties. We are not in the business of partisan support of political parties, even though they may promise they are the best option to represent our interests. Please think of advocacy as “providing advice”. Its not always solicited advice, but it is advice on the potential impacts resulting from decisions made by politicians, and politicians need to be made aware of those impacts. If we don’t do it as a large association with the necessary resources to make our presence known, who will?

You will have an opportunity to direct your Branch Executive with an upcoming questionnaire/mini survey that will be available online and by paper copy at the general meeting on June 18 at Cavallotti Hall. We are also looking at other feasible alternatives to reach as many branch members as possible for the best informed response possible. The purpose of this survey is too determine what are the local issues and priorities should we be advocating to the local candidates running in the federal election. We also want to

know what direction the Branch should take in representing your interest. There are not many organized opportunities for retired seniors to effectively voice their concerns and priorities. Do we undertake a strong, well organized and high profile advocacy program that tells aspiring and elected politicians “what we really think”? Should we become a “go-to” organization for the press and politicians seeking advice?

This is your opportunity to help us become a more responsive association to better represent your interests.

Ray Lauzier - Advocacy Director

An old man walks into a bar, sits down, starts crying. The bartender asks, “What’s wrong?” The old man looks at the bartender through teary eyes and between sobs says, “I married a beautiful woman two days ago. She’s a natural blonde, twenty-five, intelligent, a marvelous cook, a meticulous housekeeper, my best friend, and intensely passionate in bed.” The bartender stares at the old man for a brief moment and says, “But that sounds great! You have what every man wants in a woman, so why are crying?” The old man looks at the bartender and says, “I can’t remember where I live!”

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.

May 27	August 27
June 26	September 28
July 29	October 28



Membership Report - Vic Ashdown

As of May 14th, 2015, the Nanaimo and Area Branch had 1976 members comprising 1312 retirees and 664 spouses. Of the 1312 retirees, there are 1143 on DDS and 169 pay at Branch or by credit card. Since the last Report (February 19th), the following changes have taken place:

New or Reinstated Members (19)

Marylyn & William Beaubien
Herma & Paul Daley
Helena Hiltz
Gail Leniuk & Gord Gans
Norman & Ava Lewsey
Rick Neugebauer
Glen & Deb Rasmussen
Stuart & Mary Salter
LauraBelle Smith
Gregory & Christine Thomas
Pat & Sandra Wilkinson

Transferred In (7)

Sigrid Campbell
Dan & Karol Murphy
William & Margaret Smith
Don & Danielle Snell

Transferred Out (1)

Enid Perry, to BCo8 Vancouver

Membership Cancellations (12)

Nancy Arnason
Frances Bereza
Michael Berry
Inglis & Jean Edwards
Marguerite Keigan
Mary Lockwood
Colleen McGonigle
Daniel Miron
Wilma Newhook
Margaret Terry
Phyllis Warrior

Lost Contact (2)

Kenneth Aubin, Qualicum Beach
Joan Jacobson, Port Alberni

In Memoriam

Peggie Badger, survived by husband Don
Joseph Bartram, survived by wife Marianne
Sharleen Bourque
Alice Budesheim
Marlene Drummond, survived by husband
Harold
Beverly Dubois, survived by husband Emile
William (Dick) Fuller
Russell Gibson

Martha Hawthornthwaite, survived by
husband Bill
Reginald Irving, survived by wife Pat
Helen McBride
James Phinney, survived by wife Judith
Fred Pratt, survived by wife Katie
Bert Stickley, survived by wife Margery
Frank Velsen, survived by wife Anne
Thomas Waller, survived by wife Helen

Information Technology (IT) Renewal

The new membership database (CRM) came online on April 27th, replacing the old WMS. The new system is a major improvement, notwithstanding the minor “growing pains” normally experienced in the early days of such projects. The next major IT item for the Association is a new national website planned for this summer.

Membership Cards

The new membership cards were delayed some months by problems at the printers. As a result, some members may have been missed. If you have not yet received your card, contact Vic Ashdown at ashdown@shaw.ca or 250-248-2027.

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

Class	Position	Name	Phone	Email
Executive			All 250	
Exe	President	Bob Willis	468-0260	bobwillisbc@shaw.ca
Exe	Vice-President	Ken Jones	586-7718	casper6@shaw.ca
Exe	Secretary	Penny Kanigan	760-0929	pennykanigan@shaw.ca
Exe	Treasurer	Margie Dunsmore	585-0512	emdunsmore@outlook.com
Directors				
Director	Membership / Database	Vic Ashdown	248-2027	ashdown@shaw.ca
Director	Health & Benefits	Andy Gilman	248-8595	andygilman@shaw.ca
Director	Health & Benefits	Sharon Whalen	758-7012	fsnaswhalen@gmail.com
Director	Program / Speakers	Rick Roberts	248-7171	rick.roberts@shaw.ca
Director	Newsletter Editor / Web	Ian Williams	758-0954	ianwilliams@fsna-nanaimo.org
Director	Awards/Historian	Charles Scrivener	758-2240	scrivener@shaw.ca
Director	Registration	Jim Gahr	933-1156	heidleberghound@shaw.ca
Director	Communication	Fran Graham	933-4766	francesgraham@shaw.ca
Director	Telephone	Marion Pickton	723-1136	pfmcyj@shaw.ca
Director	Advocacy	Ray Lauzier	756-2927	rlauzier@telus.net
Coordinators				
Cards	Nanaimo & Area	Cathey Hoogerbrug	751-8735	r-choog@shaw.ca
Cards	Parksville/Qualicum	Michelle Ashdown	248-2027	ashdown@shaw.ca
Cards	Port Alberni	Marg Pierce	723-9791	
Nominations	Committee Chair	Bob Hoogerbrug	751-8735	r-choog@shaw.ca
Hospital Visit	Nanaimo Area	Irene McLean	245-2181	rim2@shaw.ca
Phone Captain	Nanaimo	Anne Elphick	751-2993	aephick@telus.net
Phone Captain	Nanaimo	Bertha Nixon	758-0378	
Phone Captain	Nanaimo	Barb Williams	758-0954	williv@telus.net
Phone Captain	Nanaimo	Marion Rivers	758-9783	merivers33@shaw.ca
Phone Captain	Parksville/Qualicum	Marjorie Rose	586-7007	marjoriebrose@shaw.ca
Phone Captain	Parksville/Qualicum	Michelle Ashdown	248-2027	ashdown@shaw.ca
Phone Captain	Parksville/Qualicum	Judy Southern	752-5586	njsouthern@shaw.ca
Phone Captain	Port Alberni	Marg Pierce	723-9791	