

National Association of Federal Retirees

Nanaimo & Area Branch Quarterly Newsletter

August 2015

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Tel: (250) 468-0260



Attendance at the June 2015 General Meeting held at the Cavalotti Lodge, Nanaimo was 147

Next Meeting - General Meeting

Date/Time:

Thursday, September 24, 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: Soup, Salad & Sandwich, Coffee, Tea, Dessert.

Presentation - Office of the B.C. Seniors Advocate, roles and responsibilities.

Reservations/Cancellations: Your local Retirees (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 **250-933-1156**. The last date for cancellation to avoid billing is **Sunday, September 20, 2015**.

Don't forget your name tag



EVENTS 2015

| DATE | EVENT | PLACE | VENUE | \$ MEMBERS | \$ GUEST |
|--------------|-----------------|------------|-----------------|------------|----------|
| September 24 | General Meeting | Nanaimo | Cavalotti Lodge | 22.00 | 24.00 |
| November 19 | General Meeting | Parksville | Tigh Na Mara | 22.00 | 24.00 |

President's Message August 2015

If I may quote myself from the May 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.”

Wow! We're still looking for that down time.

The Annual Members Meeting (AMM) held in Ottawa in June was a flurry of activity and our Branch was represented by Acting-President Ken Jones, and Ray Lauzier, Director of Advocacy, as an Observer. I participated in my role as Provincial Advocacy Officer.

Months before to the AMM our Communications and Advocacy Director resigned, and just prior to the Meeting our CEO went on sick leave. By the time the Session closed, our National President Gary Oberg announced his resignation effective 11 July, and then the Vice President Marie Bergeron announced she would resign effective 31 August.

We have since been informed that there will be a Chair with President's responsibilities until the elections at the June 2016 AMM.

Then, on the 28th of July, it was announced that our CEO, Sylvia Ceacero resigned effective 31 July.

The Federal Election has been called, and decision day is October 19. We are busy determining questions for all our local candidates, and also attempting to set up a “Town Hall”, in mid-September, with all the work that involves. More information will be forthcoming.

Your Executive Committee has been making preparations for our General Meeting 24th of September, and there will be more of that in this Newsletter.

I encourage all of our Branch members to get out and vote; this is our opportunity to “have a say”, and make our message loud and clear. Honour Your Promise(s)!!

This is my last message from our view home on Notch Hill as we have decided to “downsize” and enjoy our leisure time (as if). We have yet to find a home, but will be camping in Coombs Campground, until the end of September, so drop by and say hello. All my contact points remain the same.

Hope to see you all at our September Meeting. Take care, and, respectfully submitted, Bob.

Excerpts from Nanaimo & Area Branch General Meeting

Date: 18 June 2015

Time: 11:00 AM

Place: Cavalotti Lodge, Nanaimo, BC

Attendees: 147

Meeting was called to order by Bob Willis, President and Chair. Three (3) new members were acknowledged.

Minutes of the GM held November 20, 2014 were circulated. No errors or omissions were noted. Moved as presented.

Committee Reports

Finance – Margie Dunsmore

The financial documents have been placed on the tables. Margie provided a explanation of the Balance sheet and the Expense Budget.

Programs – Rick Roberts

Feedback with respect to the use of the Cavalotti Lodge as a meeting room is sought. Positives and negatives. Let Rick or any Board member know. It is the wish of the Board that the September General Meeting be held in Nanaimo, thus two (2) held in Parksville and two (2) in Nanaimo.

Communications/Advocacy – Ray Lauzier

A questionnaire has been distributed – tell us what you think, we want to know. There are also “speaking notes” - these are suggested questions for you to ask the political candidates that are coming door to door in various neighbourhoods.

Provincial Advocacy Officer – Bob Willis

Bob brought forward two (2) issues that he has been dealing with:

- Drivers at age 80 and the associated medical fee – the medical fee ranges from 0 to \$350.00. Bob has sent a letter to Victoria

Telephone Director – Marian Pickton explained the role of the phoners – at the present time there are 71 phoners who call between 10 and 15 members each, four (4) times a year. The phoners report to the Phone Captains (8) and they in turn report to the Registrar (Jim Gahr). Photo of phone captains - Left to Right: Judy Southern, Marion Rivers, Anne Elphick, Marjorie Rose, Barb Williams, Marian Pickton (Director) and Michelle Ashdown. Missing are Bertha Nixon and Margie Pierce



requesting that the fee be standardized and one will also be sent to the new President of the medical Doctors of BC.

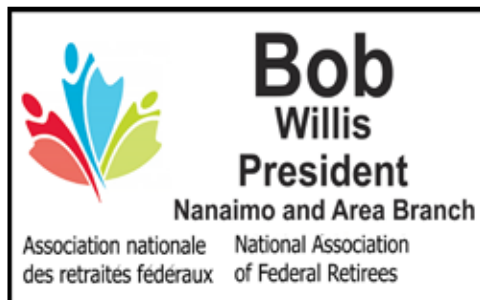
- BC Hydro E-plus Program – members will be able to maintain their preferred rate as long as they own the home. More information will be forthcoming this Fall.

Newsletter/Internet/Website - Ian Williams
Let Ian know if there are any problems with the Newsletter. Ian spoke briefly on the National website.

Ian was tasked with researching name tags – Vic and Bob W. modelled two (2) different styles
- Clear vinyl with the lanyard with a swivel - \$1.50/each
- Pouch style - \$4.50/each

The idea is that the tags would be handed out at the start of the meeting and collected after the meeting. Any idea's, let any Board member know.

The Board has authorized the purchase of the clear vinyl pouch (4"X3") with lanyard and swivel hook. The name badges will be printed on both sides. These will be available at our next meeting. Total cost, including printing is \$2.00



Hospital Visits – Irene McLean

Irene has been visiting one member in the hospital who is home now. Irene enjoys the hospital visits but is seeking someone to assist her, this will make it a better program. If you're interested in helping – fill in the volunteer sheet.

Unfinished Business

Island Branches – planning to meet in Duncan to discuss mutual issues – TBA

Strategic Plan and Membership Fees Increase

It has been proposed by the National Office that the membership fees be increased. Single from \$38.20 to \$48.00 (Branch will received an additional .14 cents) Double from \$49.68 to \$60.00 (Branch will receive an additional 31¢).

At our Executive Board meeting on June 11, 2015 a motion was passed unanimously **that our voting delegates vote "no" at AMM**. We now wish to make an amendment to this motion. Original motion follows:

Amendment to the above-noted Motion:

THAT our delegates to the AMM June 2015 be directed to vote "NO" on the Strategic Plan and fee increase unless changes are made that meet our expectations, then our delegates may have our consent to approve the changes.

Moved by Vic Ashdown, seconded by Bob Hoogerbrug Carried.

New Business

United Services Institute – Bob Hoogerbrug
This is a fraternal organization serves all components of the RCMP, Military regular force and Reserves. The USI is looking for new members. If you're interested in joining, see Bob.

Awards –



Long Service Awards were presented to June Tysowski, Rowena McPhee and Penny Kanigan by President Bob as a token of appreciation for all the work that these volunteers have done and continue to do.

Makerspace - Ian Williams announced a non-profit organization: MAKERSPACE located at 2221 McGarrigle Rd, Nanaimo. – for those who want a workspace for woodwork and a multitude of other activities, including soldering, computers, 3D printing and informational sessions.

Check it out - makerspacenanaimo.org

Cooking Group - Penny announced that a monthly cooking group (for seniors) is looking for 2 to 3 more members. Group is sponsored by Community Kitchens and meet once a month to cook together. Give Penny a call if you're interested.

Elder College - Saturday Speakers: September 26, in Parksville. Topic: National Pharmacare: Bringing Prescription Drugs into Medicare. Cost: \$10.00

Meeting adjourned at: 11:52

Penny Kanigan - Recording Secretary

I am not young enough to know everything
Oscar Wilde (1854-1900)

A Pastor's Business Card

A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door.

Therefore, he took out a business card and wrote 'Revelation 3:20' on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned.

Added to it was this cryptic message, 'Genesis 3:10..'

Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins '*Behold, I stand at the door and knock.*'

Genesis 3:10 reads, '*I heard your voice in the garden and I was afraid for I was naked.*'

Presentation -

Preparing for the Inevitable Journey

Kevin Holt of Assurance Life of Canada gave a short and informative presentation on the importance of organizing your affairs so that your spouse, children and executor will be spared the added stress of dealing with a disorganized mess after your death.



Kevin Holt

He then led a shortened version of a workshop titled "*Living Well and Leaving Well*". This workshop covered a variety of topics that we should think seriously about prior to death, including;

1. Joint Ownerships - beware of this with adult children - it can create problems
2. Power of Attorney - Get one.
3. Executor - Relative, friend, Bank or attorney?
4. Probate - Process of the Court proving will is legitimate. The fee in B.C. is 1.4% of the value of all estate assets on the day of death.

Advancing Advocacy - Ray's Last Article

Ray Lauzier passed away Thursday August 27, 2015

Ray was our Advocacy Director dedicated to promoting our interests.

A survey was distributed to members at the June general meeting in order to prioritize advocacy issues for the federal election campaign. The intention was to also have this survey online, but the new website and software has made it too difficult to get this online on a timely basis.

Members responding identified their priorities:

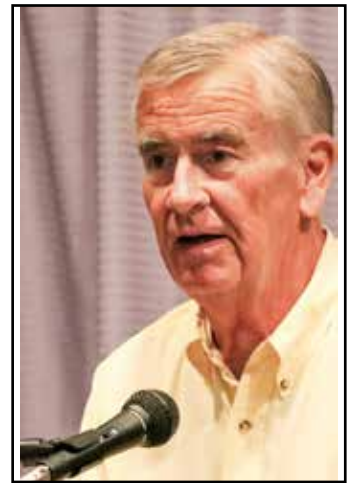
- 99% thought protecting pensions was the top issue;
- 95% thought defending health care was an important issue;
- 51% thought increasing tax breaks was an important issue;
- 51% thought protecting middle class values was an important issue;
- 49% thought defence and security was an important issue;
- 47% thought local jobs and improved economy was an important issue;
- 47% thought improving lower income benefits was an important issue, and
- 40% thought retirement housing was an important issue

A large majority of responding members believed there needed to be political, yet **nonpartisan** activities were necessary and appropriate during the election campaign:

- 75% thought representing our interests and defending our earned benefits to all political parties was a justified necessity;
- 80% thought the Nanaimo and Area Branch should be organizing town hall meetings, etc., or other non-partisan public activity for information purposes as an appropriate advocacy action to promote and protect our interests;
- 86% thought interviews with all the local candidates of all the political parties and reporting the responses to the membership as an appropriate information activity;
- 77% would like to see the Nanaimo Branch undertake collaborative activities with other locally based common interest organizations to give a stronger voice on issues affecting seniors and retirees.

Building on the results of the member survey, the Nanaimo Branch is planning on an all-candidates forum on Friday afternoon September 18. This will be a professionally moderated information session, not a confrontational debate. However, questions will be asked to each of the candidates, both from the Advocacy Committee and the audience. Plans are still tentative, as there are a few details that have to be confirmed in the coming weeks. You will be advised of the details as soon as they are finalized. The intent is to include as much as the membership as possible, so please consider attending. It will be very informative. We hope to see you there.

ed. NOTE: The All-Candidates Forum - September 18 HAS BEEN CANCELLED



**Ray Lauzier
1948 - 2015**

According to a recent study published in the *The Journal of Neuroscience*, sleeping on our side rather than our back or stomach can allow the brain to discard waste products, therefore reducing the risk of Alzheimer's and other neurological diseases.

The effect of Body Posture on Brain Glymphatic Transport
9 authors

Harvard recommends drinking 30 to 50 ounces a day, which is equivalent to approximately four to six glasses of water. However, the team isn't just recommending water to drink at this optimal standard, but fluids in general to aid in hydration. Even certain foods like watermelon, lettuce, spinach, and soups provide the body with fluids that can work in tandem with water to retain and process a healthy amount of water.

Nanaimo and Area Branch Officers 2015 - 2016



Left to right: Ian Williams, Vic Ashdown, Charles Scrivener, Rick Roberts, Marion Pickton, Bob Hoogerbrug, Penny Kanigan, Ken Jones, Sharon Whalen, Jim Gahr, Fran Graham, Andy Gillman, Bob Willis.

Baby's First Doctor Visit

A woman and a baby were in the doctor's examining room, waiting for the doctor to come in for the baby's first exam.

The doctor arrived, and examined the baby, checked his weight, and being a little concerned, asked if the baby was breast-fed or bottle-fed.

'Breast-fed,' she replied..

'Well, strip down to your waist,' the doctor ordered.

She did. He pinched her nipples, pressed, kneaded, and rubbed both breasts for a while in a very professional and detailed examination.

Motioning to her to get dressed, the doctor said, 'No wonder this baby is underweight. You don't have any milk.'

I know,' she said, 'I'm his Grandma, But I'm glad I came.



Directors Corner

Ken Jones, Vice President

My full time work experience started in 1965 when I joined the RCMP.

I was stationed in Ottawa ON, Yellowknife NWT, Edmonton and Grand Centre, Alberta and then I retired and spent a couple of years in private industry learning about roofing materials and glazing materials for windows. Then I spent

a couple of years as the director of the Duke of Edinburgh Awards program for Youth in Alberta. Then I worked for Northern Alberta Institute of Technology (NAIT). At which time I retired, but not really, I worked part time driving bus for school children and then part time I drove bus for seniors. Then I retired full time when my wife retired from her teaching career. We have a son and a daughter and two grandchildren. In my spare time, I coached lacrosse, soccer, swimming and basketball. My volunteer work included Lions Club, Scouting, Masons and Shriners, and teaching public speaking. I have been involved with the National Association of Federal Retirees in Edmonton and now with the Nanaimo Branch. My current hobbies are gardening, swimming, hiking, bicycling and travelling.



Membership Report - Vic Ashdown

As of August 20th, 2015, the Nanaimo and Area Branch had 1970 members comprising 1312 retirees and 658 spouses. Of the 1312 retirees, there are 1136 on DDS and 176 pay at Branch or by credit card. Since the last Report (May 14th), the following changes have taken place:



New or Reinstated Members (16)

Eleanor Bond
Mark Ensor
Warren Green
Tracy Hardy
John Herage & Karen Wonneck
Leith & Brenda Lynch
Bruce & Leslie Morrison
Allan O'Donnell & Kelly McQuillen
Jean Taschereau Fournier
Halina Sanders
Isabelle Seguin
Harvey Thien

Transferred In (11)

Robert Beresh
U Howland

Transferred In continued

Peter & Doreen L'Heureux
Robert Loewen
Harvey Wade & Eva Kras
Bruce & Wendy Ward
K & Marlene Wilson

Transferred Out (6)

Mel & Connie Henderson
Bob Knight & Eva Mork
Anne & Jack Slykerman

Membership Cancellations (8)

G & Phyllis Fletcher
Grace Karreman & Paul Steele
Norman & Kim Lambert
Andrew Rickaby
Katie Wyman

In Memoriam

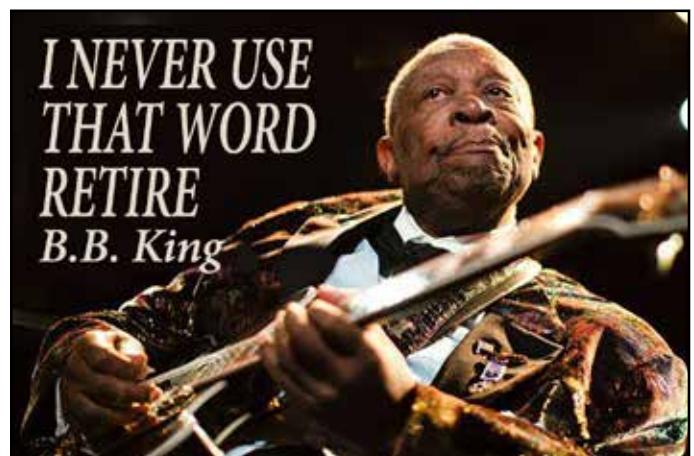
Marian Anderson, survived by husband Al
Joseph Bartram, survived by wife Marianne
John Bond, survived by wife Eleanor
Alison Burwash, survived by husband David
Johnson
John Fogden
Mary Isaacson
Rene Jensen, survived by wife Ida

Bill Kreacul
Helen Kreacul
Agnes Lang
Helen McBride
Ray Lauzier, survived by wife Jane
Myles Novak, survived by wife Adriana
John Stanway
Frank Velsen, survived by wife Anne

Live Longer - Avoid A Sedentary Lifestyle

Sitting all day is just as bad as smoking. You can, however, fight this by getting a half-hour workout in daily, using a standing desk at work, taking walks on your lunch break, and getting up every few minutes to stretch and move around.

As you get older, it's even more important to be physically active. Doing things like cleaning, washing dishes, gardening, or walking will cut your risk of heart disease, diabetes, and depression.



National Association of Federal Retirees
Nanaimo Executive, Directors & Volunteers 2015-2016

| 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 | Marian Pickton | 723-1136 | pfmcj@shaw.ca |
| Director | Advocacy | | | |
| Coordinators | | | | |
| Cards | Nanaimo | 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 |
| Phone Captain | Nanaimo | Anne Elphick | 751-2993 | aelphick@shaw.ca |
| 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 | 594-0300 | 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 | |
| Hospital Visits | Nanaimo | Irene McLean | 245-2181 | rim2@shaw.ca |