

National Association of Federal Retirees Quarterly Newsletter

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

March 2016
Tel: (250) 586-7718



November 19, 2015 General Meeting held at Tigh-Na-Mara, Parksville - 130 attendees

Next Meeting - Annual General Meeting

Date/Time:

Thursday, March 24, 2016 , Meeting starts 1100 AM.

Location:

Tigh-Na-Mara: 1155 Resort Dr, Parksville

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: Coffee available at 10:00 AM

Business Meeting 11:00-12:00 followed by a presentation.

Lunch - Buffet with 2 entrees, one Chicken and one Mushroom Penne, Salads, Buns, Coffee, Tea, and Dessert Buffet.

Reservations/Cancellations: Your local Retirees (NAFR) volunteer will phone you to ask whether you plan to attend the lunch.

To cancel, please call **Jim Gahr** at **250-933-1156**. The last date for cancellation to avoid billing is **Sunday, March 20, 2016**. Name tags will be available at the meeting.



EVENTS 2016

DATE	EVENT	PLACE	VENUE	Meal	Cost
March 24	Annual General Meeting	Parksville	Tigh-Na-Mara	Luncheon Buffet	\$28.00
May 12	Volunteer Luncheon	Nanaimo	TBA	TBA	N/C
June 23	General Meeting	Nanaimo	Coast Bastion	Breakfast Buffet	\$23.00
September 22	General Meeting	Nanaimo	Coast Bastion	TBA	TBA
November	General Meeting	Parksville	Tigh-Na-Mara	Turkey Buffet	\$30.00

President's Message February 2016

Welcome to our first Newsletter of 2016.



- On the National level, Nathalie Trépanier, Director, Communications and Marketing has been hired and has offered teleconferences with Branch representatives in a proposed schedule.

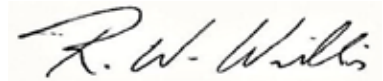
- Nominations are being sought for BC Regional

Director, National President, and National Vice President.

- At the Regional level, planning is still underway for the Regional District meeting in Chilliwack in May, and Branch representatives will be selected to attend that meeting.
- Branch representatives will be put forward for confirmation at the March AGM to attend the AMM in Ottawa, June 2016
- Our Branch has signed a Memorandum of Understanding (MOU) with HearingLife Canada, and our HBO Director, Sharon Whalen, will have full details at the AGM.
- In an attempt to help lessen costs for our Member Meetings, the Board has investigated the concept of a “Breakfast Meeting”, and more details will be put forward by our Program Director, Rick Roberts.
- Our community “Outreach” initiative has been successful to date. Our last General Meeting garnered many pounds of foodstuffs, and over \$200 in cash donations to Fishes and Loaves. More on that during the AGM from HBO Director, Andy Gilman. Please support our initiative to connect with the “community”, and bring non-perishable items, or provide a cash donation to help those who need help.
- And finally, I have put forward notice that I will step down as President, Nanaimo and Area Branch, BC05, effective 8 February, 2016. I have long advocated

for progression within a Branch, and I am satisfied that now is the time for me to “downsize”, and take a break. I will continue to assist this Branch in any manner that I am able, at their request.

- I thank all of you for your support during my term, and I would hope that you give the same support to the President-elect at our March AGM. In the interim, Ken Jones, Vice-President, will be acting-President until the March AGM. Ken has indicated that he will stand for election as President, and I give him my full support for election.

A handwritten signature in cursive script that reads "R. W. Willis".

*Robert (Bob) Willis
Nanaimo and Area Branch*

National Office Resignations

During the meeting in November, **Ken Jones** noted in particular the numerous resignations in the National Office staff, including Al Heinrich, who was our National Director. A question was asked as to why there have been so many resignations at the National level – the answer received from Brian Strongman, District Director BC/Yukon is as follows:

The Chair of the National Board of Directors issued a statement regarding the resignations as did the Vice-President of the Association. *“Around our 2015 Annual Meeting of Members, our President, Vice-President and Chief Executive Officer resigned; three high level leaders of our organization. It is common in organizations for resignations of leaders to cascade and lead to other resignations at the senior level. This tends to happen among close-knit teams that work well together. Such teams work well for the organization when things are harmonious. However, if one individual leaves, or is unhappy about decisions made by the organization, such groups can fall apart or quit out of a sense of solidarity.*

This was the case in our organization with the recent resignations of Gary Oberg, Marie Bergeron and Sylvia Ceacero. These resignations are obviously interconnected, and one departure led other individuals to consider their role in the organization and their goals.”

Election of Officers

The annual election of Branch Officers will take place at the upcoming Annual General Meeting (AGM). The following list shows all who are running and those positions yet to be filled. Although some of the incumbents have indicated (yes) that they are prepared to stay on, members may apply to fill any positions.

List of Officers to Be Elected March 24, 2016

President Ken Jones Yes

Directors

Director	Sharon Whalen	Yes
Director	Vic Ashdown	Yes
Director	Fran Graham	Yes
Director	Rick Roberts	Yes
Director	Jim Gahr	Yes
Director	Ian Williams	Yes
Director	Jo-Anne Tremblay	Yes
Director	Penny Kanigan	Yes

Vacant Positions

Vice -President	Vacant	No
Secretary	Vacant	No

Phoner's are always required and any volunteers are welcomed.

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

Bob Hoogerbrug

Federal Retirees National Website

Check out the new Retirees website at

www.federalretirees.ca

There is a wealth of useful information including the popular booklet ***You and Your Survivor***. You must set up a login using your **membership number** plus a password in order to access this booklet. Once you login it will be located in ***My Documents***.

If you can't find your membership number contact Vic Ashdown (see back page)

If you want a hard copy the cost for members is \$5.00 and for non-members is \$25.00.

"C'mon Ma you have got to try it" I pleaded to my elderly Mother. I don't know how my Mother lasted this long without ever using the internet, but enough was enough!
"Ok" she said reluctantly settling down by the computer and slowly putting on her reading glasses "what do I do now?" "Now I'm going to open the home page of google", I explained. "OK here it is! Now type in ANY question you want into the bar over here and you will find an answer to your question." I confidently assured her. My Mother looked at me warily, thought for a second, and slowly began to type, How is Gertrude doing this morning?



Do You know Your Phoner?

Jim Gahr, Registrar, asked that the members make note of who their phoner is – this is very helpful should you need to cancel a meal. There are 71 phoners, who report to the eight (8) phone captains and Jim's job would be made easier if he could go directly to that phoners list.



Communications



Recruitment packages are available from Fran for any members who know of someone who might be interested in becoming a member.

Fran Graham

Preferred Partner Initiative



On January 29, 2016 Bob Willis signed a MOU with **HearingLife Canada** under the watchful eye of Sally Thompson - HLC (Left) and Sharon Whalen (Right). Sally Thompson will be speaking to us at our June Meeting.

This Memorandum of Understanding (MOU) establishes the framework for a cooperative Preferred Partners initiative between the National Association of Federal Retirees, Nanaimo Branch (BC05) and HearingLife Canada, Vancouver Island.

BC05 and HearingLife Canada agree:

To ensure integrity of this agreement, all transactions need confirmation of proof of current membership with the National Association of Federal Retirees by inserting membership number on all transactions.

That each organization will cover their own individual costs and fees associated with these activities. BC05 will cover the costs and fees associated with any public release of the information BC05 prepares concerning the agreement”

All transactions incurred are the sole responsibility of the vendor and the purchaser. BC05 assumes no responsibility in the transaction.

Negotiated/agreed to discounts and special pricing are to remain in effect throughout this agreement.

This agreement permits BC05 to distribute either electronically or in paper format any marketing materials describing the member benefits and can be displayed, at no additional cost to BC05, at the Preferred Partner’s facility.

The phone my granddaughter has - she's six



The phone my kids had when they were six



The phone we had when we were six



Chocolate just got a little bit sweeter.

New research published in the journal *Appetite* suggests habitual chocolate consumption is positively associated with cognitive performance — the first cohort study to examine associations between longer-term chocolate eating and brain function, according to researchers. Prior studies have shown chocolate and cocoa flavanols can improve cardiovascular health, but less is known about ways chocolate impacts human cognition. The present study aimed to learn more about the treat’s neurocognitive benefits.

The present findings support recent clinical trials suggesting that regular intake of cocoa flavanols may have a beneficial effect on cognitive function, and possibly protect against normal age-related cognitive decline.”



Treasurer's Report February 18, 2016 - Margie Dunsmore

We received our first quarter payment from National of \$3,189.18.
 Currently we have \$12,087.94 in our working account but the following upcoming expenses leave us with approximately \$9,625.

2015 outstanding Cheques	-	\$225.00
Current Expenses	-	\$895.80
National Dues	-	<u>\$1341.36</u>
Total upcoming expenses	-	\$2462.16

The following Budget will be put to a vote at our AGM March 24, 2016.

2016 Actual versus Budget YTD

Account Number	Account Title	YTD Actual	YTD Budget	Remaining Budget \$	Remaining Budget %
2006	Per Capita 2016	\$ (1,341.36)	\$ 1,000.00	\$ 2,341.36	234.14%
4004	Membership - Double Dues	\$ (127.20)	\$ 500.00	\$ 627.20	125.44%
4005	Membership - Single Dues	\$ (239.76)	\$ 500.00	\$ 739.76	147.95%
4104	DDS Dues Payment	\$ (3,189.18)	\$ (10,000.00)	\$ (6,810.82)	68.11%
5005	Bank Charges	\$ 7.00	\$ 150.00	\$ 143.00	95.33%
5006	Financial	\$ -	\$ 1,000.00	\$ 1,000.00	100.00%
5007	Historian	\$ -	\$ 250.00	\$ 250.00	100.00%
5008	Director of Communications	\$ 270.12	\$ 1,000.00	\$ 729.88	72.99%
5009	Information Brochures	\$ -	\$ 1,000.00	\$ 1,000.00	100.00%
5010	Branch Meeting Expenses	\$ -	\$ 350.00	\$ 350.00	100.00%
5011	General/AGM Meals	\$ 500.00	\$ 500.00	\$ -	0.00%
5012	Gen/AGM Meal Subsidy	\$ -	\$ 1,400.00	\$ 1,400.00	100.00%
5013	Gen/AGM Missed Meals	\$ -	\$ 1.00	\$ 1.00	100.00%
5014	Mtg - Coffee & Equip	\$ -	\$ 1,500.00	\$ 1,500.00	100.00%
5015	Computer Rental	\$ 100.00	\$ 800.00	\$ 700.00	87.50%
5016	Volunteer Service Awards	\$ -	\$ 100.00	\$ 100.00	100.00%
5017	Computer Ink & Software	\$ 170.62	\$ 750.00	\$ 579.38	77.25%
5018	Credit Card Processing Fee	\$ -	\$ 50.00	\$ 50.00	100.00%
5019	Association Name Tags	\$ 83.81	\$ 100.00	\$ 16.19	16.19%
5020	Donations & Wreaths	\$ -	\$ 450.00	\$ 450.00	100.00%
5021	Branch Life Members	\$ -	\$ 59.52	\$ 59.52	100.00%
5022	Get Well Gifts & Cards	\$ -	\$ 100.00	\$ 100.00	100.00%
5023	Advocacy	\$ -	\$ 1,000.00	\$ 1,000.00	100.00%
5025	Miscellaneous	\$ -	\$ 300.00	\$ 300.00	100.00%
5030	News Letter - 4 Times/Yr	\$ -	\$ 4,500.00	\$ 4,500.00	100.00%
5035	Post Box & Postage	\$ 433.71	\$ 1,250.00	\$ 816.29	65.30%
5040	Photocopying	\$ -	\$ 300.00	\$ 300.00	100.00%
5045	Travel for Nat/Reg Mtgs	\$ -	\$ 3,500.00	\$ 3,500.00	100.00%
5055	Stationary Supplies	\$ 14.55	\$ 300.00	\$ 285.45	95.15%
5060	Training	\$ -	\$ 1,000.00	\$ 1,000.00	100.00%
5070	Volunteer Luncheon	\$ -	\$ 1,500.00	\$ 1,500.00	100.00%
TOTAL		\$ 1,579.81	\$ 23,210.52	\$ 21,630.71	93.19%

Nanaimo and Area Branch Officers 2015 - 2016



Left to right: Jim Gahr, Sharon Whalen, Bob Willis, Marion Pickton, Ken Jones, Penny Kanigan, Bob Hoogerbrug, Fran Graham, Ian Williams, Vic Ashdown, Charles Scrivener.
Missing from photo - Margie Dunsmore, Rick Roberts and Andy Gilman, .

”Perceptions that cruise ships can be luxury breeding grounds for acute gastroenteritis outbreaks don’t hold water,”

read a statement released Monday (2/22/16) by the CDC in the *Journal of the American Medical Association*. The statement went on to reference a recent CDC report published in January that found only 0.18 percent of the nearly 75 million passengers who rode aboard a cruise ship from 2008 to 2014 reported the stomach flu, continuing a steady downward trend in infection rates seen since the 1990’s. For the 28 million crew members observed during the same time period, the rates are even lower, at 0.15 percent.

“Using laboratory data and records from cruise ships sailing in US jurisdiction, CDC researchers determined that shipboard cases of acute gastroenteritis have decreased, from 27.2 cases per 100,000 travel days in 2008 to 22.3 cases in 2014,” the statement read. “Among crew members, illness rates held steady at about 21 cases per 100,000 travel days, likely due to strict reporting and isolation requirements for sick ship staff.”

As mentioned, the chances of contracting a stomach bug while cruising have only declined in the past few decades. In 1990, for instance, there were a reported 29.2 cases of diarrheal disease per 100,000 travel days (in 2001, the CDC expanded its surveillance of cruise ship-related foodborne illnesses to also include other associated symptoms like vomiting and muscle aches).

The slowdown hasn’t been entirely smooth, though, with particularly large outbreaks temporarily negating the gains in disease prevention. In 2012, the emergence of a new strain of norovirus called GII.4 Sydney led to a higher toilet toll that year. Researchers were able to identify the likely culprit of 95 out of the total 133 ship outbreaks reported from 2008 to 2014. Of these, 97 percent were traced back to norovirus, most commonly the GII.4 Sydney strain.

But while norovirus remains the most prevalent foodborne illness in the U.S., the overall impact of ship-related outbreaks is miniscule, accounting for 0.1 percent of reported norovirus cases during the study period. *E. coli* was the second most likely source of an outbreak. Still, these outbreaks only represented about 15 percent of all ship-related cases of acute gastroenteritis.

The CDC authors of the January report credit the decline to several practical steps taken by cruise lines, including quickly isolating suspected cases, providing ample hand washing stations, and forbidding employees from touching ready-to-eat foods with their bare hands. They do stress the importance of remaining vigilant, though, even for passengers themselves.

“To further reduce acute gastroenteritis on cruise ships, travelers should practice good hand hygiene, especially after using the toilet and before touching the face or eating; persons experiencing diarrhea or vomiting should promptly report their illness for proper assessment, treatment, and monitoring,” they wrote.

Membership Report - Vic Ashdown

As of February 18th, 2016, the Nanaimo and Area Branch had 1977 members comprising 1317 retirees and 659 spouses. Of the 1318 retirees, there are 1125 on DDS and 193 pay at Branch or by credit card. Since the last Report (October 15th), the following changes have taken place:



New or Reinstated Members (25)

Elaine Halliday
Helen Hewitt
Grace Karreman & Paul Steele
Mike & Rosanne Legassicke
Danielle Lirette & Linda Cherewyk
Kevin McKay
John McLean
William & Linda Reynolds
Mark Saunders
Gloria Shabbits
Richard & Edith Steele
Harry & Anne Thompson
Sandra & Glenn Vogstad
Judy Volk
Andrew Walker
Jeff & Lucinda Wolff
Chris Wood & Zena Rogak

Transferred In (12)

Lyle Borkes
Ferris & Helen Bromley
Brenda Busch
William Flower
John & Cecile McDonnell
Glen McKenna

Transferred In Cont'd

Doreen Rayburn
Edward & Diane Roche
Nancy Stevens

Transferred Out (11)

June Boggs
Muriel Burger
Jean Fournier
Ida Jensen
Carol McCallum
Marlene Moen
Randy Morriss
Terry & Allison Renner
Justin & Alicia Roque

Membership Cancellations (10)

Stuart Collins
Lloyd & Carmen Corney
Lyn Hamilton
Patricia Iwanson
Jim Kitney
Robin Le Brasseur
Ron Pattullo
Kate & Donald Wilson

Lost Contact

Gloria Davies, Parksville

In Memoriam

Thomas (Ivan) Bowen, survived by wife Norma
Gwen Chisholm, survived by husband Bob
Norman Gould, survived by wife Phyllis
Harvey Hodgins
Clement Laforce, survived by wife Valerie

Donald Pelton, survived by wife Marjorie
Stanley Robinson, survived by wife Grace Brown
Norman Whillens, survived by wife Eileen
Edward Woytenko, survived by wife Lois
Jean Young

Membership Fee Increase

A reminder to all that Association membership fees for 2016 are \$39.84 (Single) and \$51.72 (Double). (Previously, the fees were \$38.28 and \$49.68 respectively.)

New Website. If you haven't already done so, visit the new Association website at www.federalretirees.ca You are encouraged to log on to your account – you will need your membership number and a personal password. Once logged on, you can check your Membership Profile and update it if needed.

National Association of Federal Retirees

Nanaimo Executive, Directors & Volunteers 2015-2016

Class	Position	Name	Phone	Email
Executive			All 250	
Exe	Acting President	Ken Jones	586-7718	casper6@shaw.ca
Exe	Vice-President			
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	At Large	Jo-Anne Tremblay	585-3525	bcoceansider@gmail.com
Coordinators				
Cards	Nanaimo	Cathey Hoogerbrug	751-8735	r-choog@shaw.ca
Cards	Parksville/Qualicum	Michelle Ashdown	248-2027	ashdown@shaw.ca
Cards	Port Alberni	Marian Pickton	723-1136	pfmcj@shaw.ca
Nominations	Committee Chair	Bob Hoogerbrug	751-8735	r-choog@shaw.ca
Phone Captain	Nanaimo	Anne Elphick	751-2993	aelfhick@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	Marian Pickton	723-1136	pfmcj@shaw.ca
Hospital Visit	Nanaimo	Irene McLean	245-2181	rim2@shaw.ca