

National Association of Federal Retirees

Quarterly Newsletter



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

October 2016
Tel: (250) 586-7718



September, 2016 Annual General Meeting held at the Coast Bastion Hotel - 102 attendees

Next Meeting - General Meeting

Date/Time: Thursday, November 24, 2016.

Doors open 10:00 AM, 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.

Business Meeting: 11:00-12:00

Presentation: 12:15 - 12:45

Matt Breedlove - Attitude, Your Most Valuable Asset.

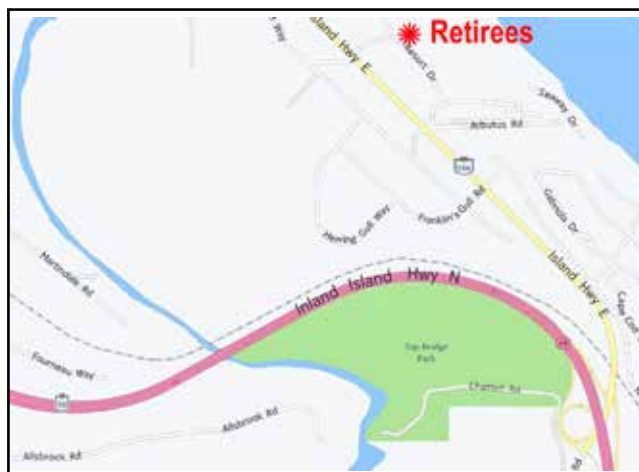
Matt survived a near fatal brain aneurysm and a year later while recovering his wife died leaving him with a 2 year old daughter. "His ability to inspire and motivate is a direct result of his adversity and overcoming obstacles in his life".

Luncheon - Buffet with Roast Turkey Breast, Roasted Potatoes, Brussel Sprouts, Carrots, Cranberry Sauce and Gravy. Greens, Bean Salad, Beet Salad, Buns, Coffee, Tea, and Dessert Buffet. Cost is \$30

Reservations/Cancellations:

Your local Federal Retirees 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, November 20, 2016**. Name tags will be available at the meeting.



EVENTS 2016

DATE	EVENT	PLACE	VENUE	Meal	Cost
November 24	General Meeting	Parksville	Tigh Na Mara	Turkey Buffet	\$30.00

President's Message for October



19 Oct 2016

Welcome to the island fall weather, where recently we had lots of rain, some wind and I hope that everyone's home was safe and you were safe. I have been out walking and enjoying the fall colours around town and out in the country side. There are lots to do in our communities that we can take advantage of with friends, neighbours and family.

Our next general meeting is going to be in November at Tigh Na Mara and I would like to see all of you at the meeting and the meal. The time, date and cost will be in the newsletter.

I have a challenge to all our members. There are people living in our communities who were Public Servant, who were Military and who were RCMP but are not members of National Association of Federal Retirees. I am asking if you know someone who is not a member of our Branch that you have them contact Ken Jones @ 250 586-7718 and we will get a recruitment package to them. We are always looking for new members to join the Nanaimo Branch of National Association of Federal Retirees.

On Monday the 17th of October myself and two other members of the executive attended an Island meeting of the 5 branches. We met in Duncan for a day meeting. There were reports from the Branch Presidents on their challenges, and successes and how can they grow and keep their membership involved. Guy Bird one of our District Directors gave a brief update on the National Board of Directors last meeting. His comments were that the new CEO is in a learning phase, no changes in the staff at National office, more of an asking attitude coming from National Office instead of telling us what to do. National Board of Directors are working together and sharing their expertise. The new buzz word is TEAM not committees. The

recruitment campaign of Public Servants is delayed. We have two new Branch Service Coordinators, Ian Blake on the mainland and Rick Devlieger from Duncan on the island. The national office continues to fight on your behalf with a court challenge to declare illegal the federal government's unilateral decision to change the health care plan cost sharing ratio. The latest, a court hearing will be held on Nov 2, 2016 in Ottawa. Repatriation of funds is still ongoing. There will be no stickers coming out for your membership cards this action will save over \$100,000 to National Office. Medoc will check to see if you are a member if your spouse is not a member they will have to pay.

We had discussion on Advocacy in 2017 on Prov. election and Federal election in 2019. We talked about recruitment, retention, communications, advertising and marketing.

It was agreed that we hold a regional meeting next year of the island president's in 2017.

When you get the telephone call to attend the next General Meeting and Lunch in November, **SAY YES.**

Ken Jones - President

General Meeting – September , 2016

The meeting was called to order at 11:00 AM by the President, Ken Jones.



Two new members were in attendance:
Tom Brown and Dave Johns.

Minutes of General Meeting – June 23, 2016

Penny Kanigan - Recording Secretary

The minutes of June 23, 2016 were circulated and also posted on the over-head screen.

Ken Jones moved that the Minutes of June 23, General Meeting be accepted as presented.

Seconded by LeRoy Wood. Motion carried

Reports

President's Report - Ken Jones

Ken drew the member's attention to the Branch's need for more volunteers.

At the present time we have five (5) vacancies on the Executive, namely; Vice-President, Treasurer, Secretary, Director of Advocacy, Director, Hospital Visitor, and as always, Phoners. If you would like to volunteer please call Ken at 250-586-7718.

Membership – Vic Ashdown

A copy of the membership report was shown on the over-head screen. We currently have 1926 members. There were eight (8) deceased members – a minute of silence was observed in their memory. A question from the floor with respect to the membership of the surviving spouse - surviving spouses are not necessarily a member but in this regard a follow-up will be undertaken.

Registrar – Jim Gahr

A request from Jim for more phoner's and please leave your name on his answering machine if you are cancelling attendance for the meal, and he does appreciate the call.



Internet/Website/Newsletter – Ian Williams

The old FSNA website for our Branch (fsnananaimo.org) has been re-directed to the new site: federalretirees-nanaimo.ca

Telephone Director – Marian Pickton

No report but more phoner's needed. Sign up – there is a form on each table.

Past President – Rick Roberts for Bob Willis

Bob was having surgery so Rick Roberts presented the report on Bob's behalf. Bob reiterates the need for volunteers. Bob is the Chair of the Nomination Committee along with Fran Graham and Vic Ashdown, and they will be actively soliciting for new members to volunteer for the Executive.

CORRESPONDENCE

Irene McLean, Hospital visits for Nanaimo, has tendered her resignation. She recommends that anyone filling this position should live in Nanaimo.



Marion Pickton Selling 50/50 tickets

If you know of a member in the hospital let a member of the Executive know, especially if you think they would like a visit.

OTHER

- Although not part of the Agenda, Mike Wansink spoke of the upcoming opera production, "Marriage of Figaro" in Qualicum Beach in November.
- 50-50 Draw winner was **Ida Kespe** in the amount of **\$106.50**.



"As I approve of a youth that has something of the old man in him, so I am no less pleased with an old man that has something of the youth. He that follows this rule may be old in body, but can never be so in mind."

- Marcus Tullius Cicero

Nominating Committee - Bob Willis, Chair

- After the AGM in March, 2016, the President appointed Bob Willis as Chair of the Nominating Committee
- At the Executive Committee (Board) meeting held 15 September, 2016, Fran Graham and Vic Ashdown volunteered as members of the Nominating Committee
- Our Branch currently is in need of a Vice-President, Secretary, and a Treasurer. We are always in need of volunteers for the Phoning Committee and as Directors on the Board.
- We are seeking nominations for the positions of President, Vice-President, Secretary, and Treasurer, and Directors for our Annual General Meeting (AGM) to be held in March 2017 and the election of officers.
- Desirable qualifications would include basic computer skills, an ability to work with others as a team, and the ability to complete assigned tasks with minimum supervision. Training and assistance is provided to new members of the Board.
- The Executive Committee (the Board) meets once a month, except for July and August. These meetings usually last about two hours and coffee and donuts are often available.
- We have four General Meetings (GM's) a year and basically it's all-hands-on-deck to help organize a successful GM.
- We need your help on a full-time basis, but can work with anyone who wishes to help out part-time.
- There is an open invitation to any of our members to join us at any one of our Executive Committee meetings (the third Thursday of the month) and view your volunteers in action.
- If you are interested in volunteering a bit of your time to help us make a difference, feel free to speak with any member of your Executive Committee or contact me personally at 250-468-0260, email: bobwillisbc@shaw.ca.

GUEST SPEAKER

Isobel Mackenzie, BC's Senior Advocate, was introduced by Ken Jones.

It was recently my pleasure to speak with the Nanaimo and District chapter of the National Association of Federal Retirees. During my talk I highlighted some of the challenges that face some seniors. I use the word "some" because the overarching message was, "seniors are not all the same; their hopes, dreams and aspirations are as varied as those in the population at large and their backgrounds, health status and economic status are as equally varied."

Against this backdrop I spoke of how the real facts are often at odds with provocative headlines geared to creating a sense of impending doom as our seniors' population grows. The first item of note is that our seniors' population is projected to shift from 17% of the population to 24% of the population over the next 19 years, a shift of less than 1% a year and once attained will only equal, or be less than, current seniors' populations in other countries such as Japan and Italy.

There are indeed challenges to the shifting demographic, but they may not be as apocalyptic as we think. The vast majority of seniors live completely independently and support their own care needs. Indeed only 15% of seniors age 85 and older live in a nursing home; 10% live in assisted living and a full three quarters of seniors age 85 and over live completely on their own and only





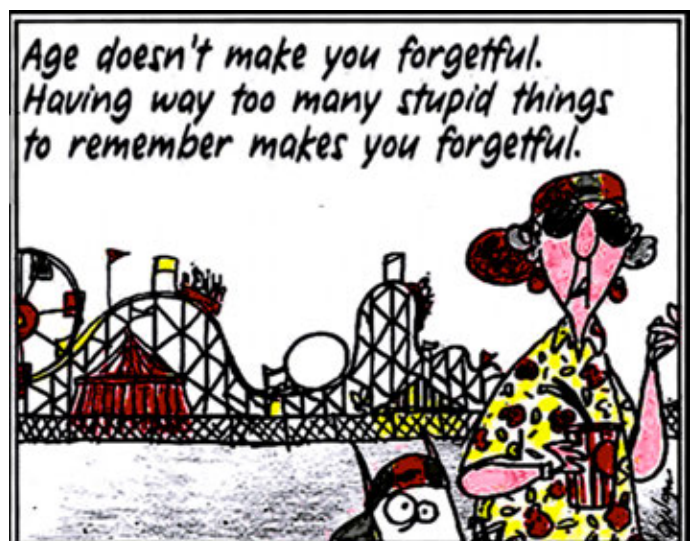
13% are using publicly subsidized homecare. While the number of seniors afflicted with dementia will grow, the percentage may actually shrink if current studies showing a reduction in the incidence play out. Indeed even today, a full 80% of seniors over the age of 85 do NOT have a diagnosis of dementia. The statistical odds favour that everyone reading this article will live independently and with all their marbles for their entire lives.

For those who are not able to live independently, there are some challenges in our residential care facilities. While there are many positive experiences in residential care, there is a concern about the use of medications. This is not unique to British Columbia, indeed all provinces are wrestling with this. We started to pay attention to the issue about five years ago and in fact the percentage of use has declined across the country. However, for some reason BC is above the national average in the potential misuse of medication and we need to keep focused on looking at alternatives to medication for addressing mood and behaviour issues in care facilities. Part of the solution for this is likely to be found in increasing the care hours for some facilities. However a larger part is likely to be found in training those staff on better coping strategies and coming to terms with the tolerance needed to honour the diversity of seniors who find themselves in residential care.

The burden on family caregivers is also an issue that we need to better address. Just over half of

the seniors on the public home support program have the same level of frailty and complexity as someone who is living in residential care. This is good on the one hand as it shows we are keeping seniors at home, however the burden on the family caregiver needs to be better recognized and their needs supported. Using just the home support population for example we find there are over 16,000 seniors who, if their family caregiver is no longer functioning, will need to be placed in residential care. This is a compelling argument for increasing supports such as Adult Day Programs, respite beds and increasing home support.

When I speak to groups such as this branch of the National Association of Federal Retirees I am always inspired to see the active engagement of seniors and the genuine concern for ensuring that fellow seniors live their retirement in dignity. I encourage the continued advocacy work you do both on behalf of your members but also for all seniors. For those who have an interest in residential care I invite you to become a volunteer for our residential care survey. Find out more about this project at: (www.surveybcseniors.org). For those who are interested in more information about my office, I invite you visit our website at www.seniorsadvocatebc.ca You can also find us on Facebook at www.facebook.com/SeniorsAdvocateBC and you can follow us on Twitter at twitter.com/SrsAdvocateBC. The Office of the Seniors Advocate's information and referral line is 1.877.952.3181.



Nanaimo and Area Branch Board 2016 - 2017



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

Treasurer – Ken Jones

Our financial data is being transferred onto the National system (CRM) and an up-to-date accounting will be presented at the November GM.

Why the increase? A shortfall in funds at the National level due to poor management and an unanticipated increase in costs, such as lawyer fees and computer systems.

New Fee Structure:

Annual Cost of Membership			Branch Receives
Year	Single	Double	Per Member
2017	\$47.76	\$62.04	\$9.00
2018	\$48.96	\$63.60	\$9.00
2019	\$50.28	\$65.16	\$9.00

Monthly Cost of Membership		
Year	Single	Double
2017	\$3.98	\$5.17
2018	\$4.08	\$5.30
2019	\$4.19	\$5.43

Nanaimo & Area Branch Financial Report from Sept 22, 2016 until Oct 19, 2016

Organization Account 101002443237

Date	Description	Credits	Debits	Balance
03-Oct-16	Cheque Cleared 1003			
	Cheque #1003		-\$2,367.43	\$3,537.05
01-Oct-16	Statement Charges		-\$5.00	\$5,904.48
27-Sep-16	Cheque Cleared 1002			
	Cheque #1002		-\$50.01	\$5,909.48
26-Sep-16	Cheque Deposit	\$39.84		\$5,959.49
23-Sep-16	Cash Deposit	\$210.00		\$5,919.65
23-Sep-16	Plus Cash Deposit	\$1,518.00		\$5,709.65
23-Sep-16	Cheque Deposit	\$242.00		\$4,191.65
23-Sep-16	Cash Deposit	\$106.50		\$3,949.65
GIC Investment 101001087674				\$1,614.20
GIC Investment 101001087682				\$3,219.65
GIC Investment 101001087698				\$11,109.35
GIC Investment 101001087704				\$1,498.94



Membership Report - Vic Ashdown

As of October 18th, 2016, the Nanaimo and Area Branch had 1921 members comprising 1280 retirees and 641 spouses. Of the 1280 retirees, there are 1088 on DDS and 192 pay at Branch or by credit card. Since the last Report (August 18th), the following changes have taken place:

New or Reinstated Members (6)

Alan & Leslie Cass
Russ & Diane Gregory
Jennifer Morphy
Carmen Senac

Transferred In (9)

Catherine Barratt
Guillaume Belanger & Erika Harris
Bonnie Bullock & Vivian Lambert
Jaimie & Pamela Pratt
Martin & Dawna Winkelaar

Transferred Out (5)

Joy Coupland
Trudy Fischer
Norman Hoyt
Sandra & Glenn Vogstad

Membership Cancellations (6)

Ian Bryce
Leonard Cross
John Herage & Karen Wonneck
Ernest & Roberta Mueller

In Memoriam

Ron Gladstone, survived by wife Esther
Ian Harlock, survived by wife Doreen
Anna Jones

Robert Ree, survived by wife Marion
Roger Richer

Weight Loss Health Benefits:

Drinking Water Instead Of Diet Beverages May Help Diabetes Patients

Being overweight puts you at risk for serious health problems such as Type 2 diabetes, heart disease, stroke, high blood pressure, and high cholesterol. According to the American Diabetes Association, dropping just 10 or 15 pounds can make a big difference for your longevity. Patients with Type 2 diabetes looking to drop weight may want to swap out diet beverages for water, suggests a new study published in *Diabetes, Obesity and Metabolism*.

Researchers found that participants who switched to water and stopped drinking diet beverages experienced a decrease in weight and body mass index. They also saw greater improvements in fasting blood sugar levels and insulin sensitivity.

Researchers studied a group of 81 overweight and obese women who all had Type 2 diabetes who participated in a 24 week weight loss program. Participants were asked to either substitute water for diet beverages or continue drinking the diet drinks five times per week after lunch for the duration of the trial, the study reported.

The [Canadian Diabetes Association](#) reports that in 2016, 11 million people in Canada, or about 29 % of the population, suffer from diabetes and prediabetes, so the results could have wide-ranging implications for those with Type 2 diabetes.

This study is part of a growing body of research showing that major health risks, especially for women, are associated with consuming diet beverages. Recent findings have also linked both diet and regular soda to possibly compromising a woman's fertility and chances of successful artificial reproduction.

An older study published back in 2013 also found that drinking artificially sweetened beverages, especially low-fat diet drinks, can increase a person's risk of depression. Researchers found that diet soda drinkers had greater risk compared to those who drink other beverages like regular soda, regular fruit punches or regular iced tea.

Source: Madjd A, Taylor MA, Macdonald IA, Farshchi HR, et al. Beneficial effects of replacing diet beverages with water on type 2 diabetic obese women following a hypo-energetic diet: A randomized, 24-week clinical trial, *Diabetes, Obesity and Metabolism* (2016).

National Association of Federal Retirees

Nanaimo Executive, Directors & Volunteers 2015-2016

Class	Position	Name	Phone	Email
Executive			All 250	
Exe	President	Ken Jones	586-7718	Kenjonesbc@shaw.ca
Exe	Vice-President			
Exe	Secretary	-	-	-
Exe	Treasurer (Acting)	Ken Jones	586-7718	Kenjonesbc@shaw.ca
Exe	Past President	Bob Willis	468-0260	bobwillisbc@shaw.ca
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	ianv.will@gmail.com
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	Penny Kanigan	760-0929	pennykanigan@shaw.ca
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 Willis	468-0260	bobwillisbc@shaw.ca
Phone Captain	Nanaimo	Berna Dennison	758-7792	bernad@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	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	Marian Pickton	723-1136	pfmcj@shaw.ca
Hospital Visit	Nanaimo	Lil Jones	586-7718	Kenjonesbc@shaw.ca