

National Association of Federal Retirees Quarterly Newsletter

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

June 2017
Tel: (250) 586-7718



March 23, 2017- Annual General Meeting held at Bayside Hotel - 142 attendees

Next Meeting - General Meeting

Date/Time: Wednesday, June 21, 2017 .

Doors open 10:00 AM, Meeting starts 1100 AM.

Location: Coast Bastion Inn, 11 Bastion St, Nanaimo

Directions: The hotel is on the corner of Bastion St and Front St. in downtown Nanaimo. There is parking with an entrance off of Front St. There is an elevator to the hotel lobby.

Business Meeting: 11:00-12:00

Presentation: 12:15 - 12:45

Anne McMillan speaking on **Better Meals** - Prepare and deliver healthy food to you door.

Luncheon - Buffet with Grilled Chicken Breast, Vegetarian Lasagna, Caesar Salad, Buns, Coffee, Tea, and Dessert. Cost is \$26

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, June 18, 2017**. Name tags will be available at the meeting.



EVENTS 2017

DATE	EVENT	PLACE	VENUE	Meal	Cost
June 21	General Meeting	Nanaimo	Coast Bastion	Chicken / Lasagna	\$26
September 28	General Meeting	Nanaimo	TBA	TBA	TBA
November 23	General Meeting	Parksville	Tigh-Na-Mara	Turkey Buffet	TBA

President's Message for June 2017



There have been two webcasts from National Office. On May 4th, the webcast chaired by Simon Coakeley, Chief Executive Officer and Donna Hansen to discuss the 2016 member and volunteer survey. If you want to view it, the webcast has been posted to a password protected website.

Address: www1.webcastcanada.ca/nafr/

Password: webret

On May 8th, a webcast was hosted by Joanne Miron from National Office for Presidents and Treasurers. Nanaimo Branch President and Treasurer participated. The webcast was on Financial and Risk Management. "Each board member has a fiduciary responsibility and a duty of care (see Regulation 1.2) and is, at all times, bound by the by-laws and regulations of the Association. The National Office is responsible for collecting information from branches on behalf of the board of directors." The second part of the webcast was on the Anatomy of Spam email & Phishing. "Most of us use the internet regularly and as much as it is a wonderful tool, it is also being used for another purpose: criminal activities! Remember that

just because an email looks convincing, it doesn't mean that it is legitimate. Be skeptical and if it looks slightly suspicious, don't open it."

Three members from Nanaimo Branch will be attending a Regional Meeting in Chilliwack BC from May 23 to 26 May. Agenda will on Resolutions for the AMM in Ottawa in June and on Recruitment and Retaining Volunteers.

On May 11th, our Volunteer Luncheon was held at the Royal Canadian Legion in Lantzville, the legion's catering group did a superb job in preparation and delivery of the meal. We had 3 door prizes of hanging baskets.

Last item, your President will be attending the All Members Meeting (AMM) from June 13-17th in Ottawa.

Next Branch Meeting will be on Wednesday 21 June 2017 at the Coast Bastion Hotel in Nanaimo.

Excerpts from AGM Minutes

President **Ken Jones** called the meeting to order on March 23 2017 at 11:00 AM.

Committee Reports:

Presidents Report – Ken Jones

Ken expressed his appreciation to all of our volunteers, with special thanks to the telephone volunteers. He also expressed special thanks also to our hospital visitors, wreath layers and volunteer drivers.

We have 130 plus volunteers.

Ken advised that we donated \$251.50 to the charity Fish and Loaves in Nanaimo, \$251.00 went to Port Alberni Salvation Army and \$251.50 went to Parksville Salvation Army from our 2016 In-House Draw income.

Only one member (Ken Jones) will go to the Ottawa national meeting this year.

Treasurers Report – Penny Kanigan, Acting Treasurer

2016 financial reports were shown on the overhead projector.

Motion: it was moved by Penny Kanigan that the financial reports be accepted as presented. Bob Hoogerburg seconded the motion. Carried.

Historian – Charles Scrivener



Charles advised that the 15 and 20 year history documents are complete and can be seen on our website.

Motion:

Charles moved that the following Branch

members be presented with long term service awards and gifts for 2017 -

Gwen Anders (24 years), **Vic Ashdown** (17 years), **Michelle Ashdown** (17 years), **Bertha Nixon** (27 years), **Charles Scrivener** (17 years) and **Fern Watt** (21 years).

Ken Jones moved that *we approve awards to those named*. **Fran Graham** seconded the motion. Carried.

Health and Benefits – Andy Gilman



Andy stated that he and Sharon would assist members in finding answers to health issues.

The National Health Accord has been signed by all provinces with the funding to go to senior's care.

Andy explained the Travel Assistance Program (TAP) that covers

the cost of travel to specialists or treatment away from home. It is easy to apply, forms are on the BC Health website and your Dr. must check the appropriate boxes. Note: if your travel is to the Vancouver area, you must go and return on the same ferry route.

If you are a family caregiver there are many resources available and members in this situation should talk to Andy or Sharon. Some expenses can be claimed as an income tax deduction.

Andy expressed the need for a volunteer to be our Nanaimo hospital visitor.

Sharon Whalen

I have received three requests for assistance since our last report. All were concerning the Driver's Medical for seniors after age eighty (80) and the cost of this medical exam. Medical Services plan pays \$75.00 towards this and the physician de-



termines the total cost to the patient. This varies widely from physician to physician, and no one governs this cost. Some have paid up to an additional \$125.00, and inquiries fall upon deaf ears!

The province of British Columbia is replacing all existing Care Cards with the BC Services Card.

The BC Services Card can be used as identification anywhere you currently present government-issued ID. It replaces the CareCard for access to health care services. The card expiry date is specified on your card. For most BC Services Cards, the renewal cycle is every five years.

Unless exempted, you must renew MSP enrolment by the expiry date on your BC Services Card.

If you are over the age of 19 and under the age of 75, visit an ICBC DLO with two pieces of ID to obtain a photo BC Services Card. Required ID - ICBC

If you are age 75 or over, you have the option of visiting an Insurance Corporation of BC driver licensing office (ICBC DLO) with two pieces of ID to obtain a photo BC Services Card or contacting HIBC to request a non-photo BC Services Card. Toll-free: 1 800 663-7100

You can phone MSP to request the new card but if anyone other than the cardholder phones they must have the cardholder handy to verify that this is legit or must have power of attorney. I know this because Sheila Wilson recently tried to phone in (from her home) for a new card for her Mother and even though she probably wouldn't be able to hear or understand the questions, Sheila wasn't allowed to talk for her. So she typed up a request and got her mother to sign it.

Looking Good

My face in the mirror isn't wrinkled or drawn
My house isn't dirty. The cobwebs are gone
My garden looks lovely and so does my lawn
I think I might never put my glasses back on.



Long Service Volunteers - L-R Gwen Anders, Fern Watt, Bertha Nixon, Michelle Ashdown, Vic Ashdown and Charles Scrivener. Each was presented with a certificate, a free meal and a gift card.

Program - Social Media for Seniors

Ewen Harvie gave an informative and entertaining talk on the positive and negative factors involved with seniors using social media. He touched on Facebook, Twitter and others.



Social media is a great tool for keeping in touch, especially for seniors who keep in touch with kids, grandkids, and sometimes even great grandkids. Also, seniors are finding others like college roommates, best friends and elementary school crushes. We can view videos, read blog posts, share pictures and have conversations with people who we thought we'd never see again.

Grandparents are friends with college-aged grandkids and keeping up with their accomplishments. It's clear that social media has revolutionized the way families connect.

We can watch old television shows, movies, read ebooks, articles and blog posts, find song lyrics and keep track of our favorite entertainers. It's a great tool for shutins to alleviate loneliness.

Social media can also be used for researching topics of interest, including overcoming personal challenges.

Ewen discussed the subject of privacy. Social media can get into the hands of unintended addressees. It can also be a source of personal information for aggressive hackers who would like to impose advertising media, or worse, look for and use your financial information. Once something about you is out in cyberspace, it never goes away. He stressed that you need to know who is on the other end of your internet Social Media conversation.

My Grandmother was a very tough woman. She buried three husbands and two of them were just napping.

Rita Rudner



Installation 2017: L-R: Rick Devlieger, Ewen Harvie, Andy Gilman, Sheila Wilson, Rick Roberts, Penny Kanigan, Ken Jones and Charles Scrivener.

Rick Devlieger, Branch Services Officer, installed 7 members of the executive, including President Ken Jones, Secretary Sheila Wilson and Treasurer Penny Kanigan. The new Executive also includes 4 Directors, Ewen Harvey, Andy Gilman, Rick Roberts and Charles Scrivener.

Volunteer's Lunch

Over 50 volunteers enjoyed a beef and chicken buffet lunch at the Lantzville Legion on May 11, 2017. Thanks to Rick Roberts for organizing a great social event.



President Ken poses with the winners of the hanging baskets at the volunteers lunch.

In House Draw

The In House draw tickets were \$2.00 each or 3 for \$5.00, a total of \$316.50 was raised. The draw was won by **Wilma Melvin, June Tysowski and Helen Hartman** who received \$55.50 each. \$150.00 went to our charity fund.



Penny Kanigan presents Wilma Melvin with her winnings

Beats "Hey You"

Because he couldn't remember anyone's name, **Chuck Berry** called everyone Jack. **Zsa Zsa Gabor**, who was once asked about her equally bad memory, replied, "Dahling, how do you think the 'dahling' thing got started?"

Nanaimo and Area Branch Board 2016 - 2017



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



FINANCIAL STATEMENTS FOR MAY 2017

Prepared by
Penny Kanigan

We currently have a bank balance as of April 30, 2017 of \$6,894.40.

The March AGM expense included 7 meals not paid for plus the 13 Award meals (free) for a total of \$700.00. There was \$394.00 spent on awards. The total cost was \$1094.00.

Since the AGM we have had very few expenses other than the Volunteer Lunch on May 11, 2017 at the Lantzville Legion, which cost \$890.00.

Financial Statement Balances - Summary

May 12, 2017

Account Type	Account Type (other)	Opening Cash Balance	Updated Cash Balance
Assets - Chequing		3,532.98 \$	6,059.40 \$
Assets - Investments		17,505.09 \$	17,573.18 \$
Assets - Other	Accounts Receivable	3,270.79 \$	0.00 \$
Liabilities - Accounts Payable		(\$359.48)	0.00 \$
Reserve - Defence of benefits		(\$3,000.00)	(\$3,000.00)
Reserve - Equipment		(\$3,109.35)	(\$3,109.35)
Reserve - Other	Training 1K & Advocacy 2K	(\$3,000.00)	(\$3,000.00)
Reserve - Special Events		(\$2,000.00)	(\$2,000.00)
Unappropriated Equity		(\$12,840.03)	(\$12,840.03)
		0.00 \$	(\$316.80)

When a woman stepped on the scale at the doctor's office, she was a bit surprised to see that she weighed 154 pounds. "why don't you just take off that last 4?" She joked to the nurse's aide as she made a notation on her chart.

A few moments later, the doctor came in and flipped through the chart. "You've lost weight," he said. "you're down to 15 pounds!"



Membership Report - Vic Ashdown

As of May 18th, 2017, the Nanaimo and Area Branch had 1879 members comprising 1252 retirees and 627 spouses. Of the 1252 retirees, there are 1061 on DDS and 191 pay at Branch or by credit card. Since the last Report (February 16th), the following changes have taken place:

New or Reinstated Members (22)

Allen & Sharon Busch
Verlyn Busch
Helene Champagne
Karen Champagne
Robin & Faith Como
George & Debbie Gow
Beverley Hamm
William & Carol Hindle
Marilyn & David Marshall
Vern Rushmer & Wanda Leblanc
Leslie Stead & Maureen Shakespeare
Donald & Janet Stedeford
Sandy & James White

Transferred In (6)

James & Elizabeth Alford
Michael Murphy & Patricia Menning
Gary & Karen Pearson

Transferred Out (13)

Monty & Gwen Elliston
Jon & Judith Graham
Patrick & Marilyn Hodgkinson
James Kennedy & Jane Kelliher
Roy & Evelyn MacKay
Mark Saunders
Ron West
Marjorie Yarish

Membership Cancellations (11)

Gloria Browne
Mary Crandall
Raymond Heinz
Lynne Kiselbach
Sharron Lafrance
Mary McKenzie
Darcy & Jennie Muloin
Robert & Karen Richardson
Patricia Thomson

In Memoriam

David Bennet, survived by wife Beverley
Alice Breaden
Alan Campbell, survived by wife Elizabeth
Derek Drewe
Mike Gerigk
Mary Hardy

Geraldine Henderson
William Henderson
John Kynaston, survived by wife Josephine
Eva Thompson
Bob Wilkinson, survived by wife Arlet
Zane Wray, survived by wife Joyce

Paying Fees by Cash, Cheque, Credit Card? Changes Coming!

Starting in October, those members paying their annual membership fees by cash, cheque or credit card will receive payment-due notices, reminders, receipts, and cancellation notices (hopefully not!) from National Office rather than from your Branch Membership Director. You will still be able to pay at Branch or at National Office as is done now. This is just a quick heads-up – see our October 2017 Newsletter for further details.



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	Rick Roberts	248-7171	rick.roberts@shaw.ca
Exe	Secretary	Sheila Wilson	591-2446	mesheshe@shaw.ca
Exe	Treasurer	Penny Kanigan	760-0929	pennykanigan@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	nafrwhalen@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	Ewen Harvie	468-5230	seniors@thelaundry
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	
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	Wendy Stander	778-421-4244*	wendy.tony@shaw.ca
Hospital Visit	Nanaimo	Lil Jones	586-7718	Kenjonesbc@shaw.ca

*Phone numbers start with 250 unless otherwise noted