

National Association of Federal Retirees

Quarterly Newsletter



Nanaimo & Area Branch federalretirees-nanaimo.ca
 PO Box 485, Lantzville, BC V0R 2H0

October 2017
 Tel: (250) 586-7718



November, 2016 - General Meeting held at Tigh-Na-Mara - 147 attendees

Next Meeting - General Meeting

Date/Time: Thursday, November 23, 2017 .

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

Joan Ryan is speaking on **Nanaimo Lifeline**, a Nanaimo and District Hospital Foundation Social Enterprise. They provide a 24-hour link to assistance in an emergency for at risk individuals.

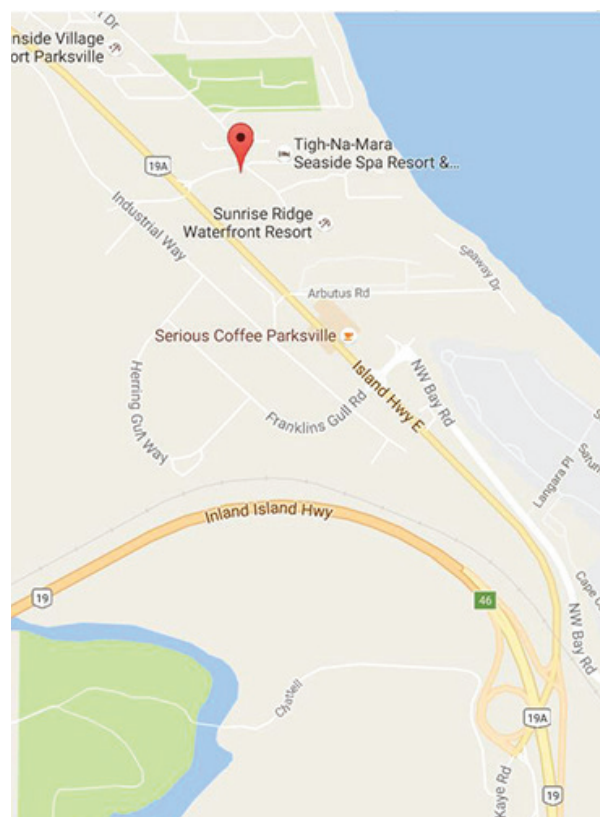
Luncheon - Buffet with Roast Turkey Breast, Roasted Potatoes, Brussel Sprouts, Carrots, Cranberry Sauce and Gravy. Greens, Bean Salad, Beet Salad, Buns, Coffee, Tea, and Dessert Buffet. Cost is \$30

In-House Draw - Tickets \$2 or 3 for \$5. All proceeds to charity. We are also collecting non-perishable food or cash for the local food banks.

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 **250-585-3125**. The last date for cancellation to avoid billing is **Sunday, November 19, 2017**. Name tags will be available at the meeting.



EVENTS 2017

| DATE | EVENT | PLACE | VENUE | Meal | Cost |
|-------------|-----------------|------------|--------------|---------------|------|
| November 23 | General Meeting | Parksville | Tigh-Na-Mara | Turkey Buffet | \$30 |

President's Report Thursday 19 Oct 2017



October brings falling leaves and a wisp of chill in the air that precedes long winter nights and Thanksgiving. Thanksgiving is our opportunity to say thank you for gifts, talents and abilities received.

"The greatest gift one can give is thanksgiving. In giving gifts, we give what we can spare, but in giving thanks we give ourselves." -David Steindl-Rast
Our Thanksgiving was special to us this year as we celebrated our Fiftieth wedding anniversary and are thankful for our family and our grandchildren.

I hope everyone had a wonderful Thanksgiving with family, friends and to those who are living in distant lands.

Events are happening starting next week as three of us attend the island branches meeting in Duncan on the 17 Oct. 2017.

On Thursday we have our Executive Committee meeting.

November brings Remembrance Day ceremonies in Nanaimo, Gabriola Island Veterans Association, Lantzville, Parksville, Qualicum Beach and Port Alberni. Take the opportunity to attend one of the ceremonies.

On November 1, 2017 a Veterans Outreach Town Hall town will be taking place. Calling all Veterans to attend on Wed. Nov 1, 2017, 7:00-9:00 p.m.; (Doors open at 6:30 p.m.) Florence Filburg Centre 411 Anderton Avenue, Courtenay BC

To reserve a seat and for more details go to www.federalretirees.ca/veteransinitiative This town hall is being hosted by North Island – John Finn Branch. Please plan to attend.

Regards to all

Ken Jones - President of Nanaimo Branch & Area

2017 Flu Shots

It is flu season again and flu shots are given for free during most week-day afternoons at many local pharmacies. When shopping at your grocery store, stop at the in-house pharmacy for information. Show your BC Medical card and number. Complete and sign a one-page consent form. No line-up and it is over within 10 min.

Elections to be Held at Next AGM- 2018

Nominating Committee - Bob Willis, Chair

Nominees for two year positions:

| | |
|-------------------------|---------------|
| Vice President - | Rick Roberts |
| Secretary - | Sheila Wilson |
| Director - | Vic Ashdown |
| Director - | Jim Gahr |
| Director - | Fran Graham |
| Director - | Sharon Whalen |
| Director - | Ian Williams. |

HELP WANTED

There are 3 Director positions vacant.

Duties: Working with the Executive Committee to serve and assist the 1882 members of the Federal Retirees located within the Nanaimo Region

Experience required: None just the willingness to work with others towards a common goal.

Opportunities available: Unlimited! Consider assisting experienced Directors in such portfolios as Programs, Health and Benefits, Membership, or Communication or coming on Board as a Director at Large. Training and mentorship provided.

Remuneration: None but the personal satisfaction from aiding fellow Federal Retirees; free coffee and timbits at the monthly meetings.

The **Executive** meets the the third Thursday of every month (excluding the summer) in Lantzville. Come and join us.

For further information please contact Past President **Bob Willis** at bobwillisbc@shaw.ca or Vice President **Rick Roberts** at rick.roberts@shaw.ca


All I ask is the chance to prove that money can't make me happy.

Spike Milligan

CALLING ALL VETERANS!

Wed. Nov. 1, 2017
7:00-9:00 p.m.
 (Doors open at 8:30 p.m.)
 Florence Filburg Centre
 411 Anderton Avenue, Courtenay, BC

We want to hear from serving and retired members of the CAF, the RCMP and their families. Join us for a town hall discussion to share your release and transition experiences. **Help us make a difference** in the lives of veterans and their families.


 National Association of Federal Retirees
 Association nationale des retraités fédéraux

Visit us online for more details and reserve your seat!
www.federalretirees.ca/veteransinitiative

President and Director of Advocacy represent Federal Retirees before Parliamentary Committee

On October 05, 2017 National Association of Federal Retirees’ president, Jean-Guy Soulière, and director of advocacy, Sayward Montague, discussed a National Seniors Strategy with members of the House of Commons Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities.

The two appeared as witnesses to assist the Committee in their study, Advancing Inclusion and Quality of Life for Canadian Seniors. The study is focused on access to affordable, accessible housing; income security for vulnerable seniors; and community programs to promote social inclusion and recognize the social determinants of health – all related, and all key elements of a National Seniors Strategy.

“I can’t think of an issue that is more important to retirees in Canada and their loved ones than the creation of a National Seniors Strategy, a

strategy that would ensure that programs and policies are coordinated,” noted Soulière. “And it’s a strategy that will ensure Canadian seniors continue to be a force, well into retirement.”

In addition to a National Seniors Strategy that includes coordinated homecare, national palliative and end-of life care, and infrastructure investments to ensure seniors’ residential needs are met, Soulière noted the importance of retirement income security and protecting earned retirement pensions. Retirement security earned by Canadians with accrued defined benefit pensions are likely to be eroded if Bill C-27 is allowed to proceed – something that works contrary to the goals of a National Seniors Strategy.

Soulière also called on government to appoint a minister for seniors, much as we have a Minister for Youth. Canadians understand the need for a Minister Responsible for Youth: youth, after all, are Canada’s future. But seniors, the largest growing demographic in Canada with more than ever before to contribute, should have a dedicated voice advocating for their unique needs within government, ensuring we always view public policy decisions through a seniors’ lens.

“Let me conclude with some wise words from Dr. Samir Sinha, chief of geriatrics at Mount Sinai Hospital in Toronto, and author of the Ontario government’s seniors strategy,” said Soulière. “Aging is not a disease. It is a triumph.’ And I would add: “Get ready for a new definition of retirement. Let’s get it right.”

This document is an excellent template for recording necessary information, including vital statistics, asset amounts and locations, survivor benefits etc. for your power of attorney to efficiently probate your estate



President Ken addresses the members at the June 21st General meeting



President **Ken Jones** presented **Joyce Luecke** with a Certificate of Appreciation for Five Years of service at the June 21 AGM.

Guest Speaker - Anne McMillan Better Meals (<http://bettermeals.ca>). **Better Meals** was established in 1993 by people who have an intimate understanding of the needs from seniors for well-prepared meals and a convenient delivery service. Our menus, which feature a wide variety of dishes to choose from, allow us to provide healthy and delicious meals that satisfy the specific diets of our customers.

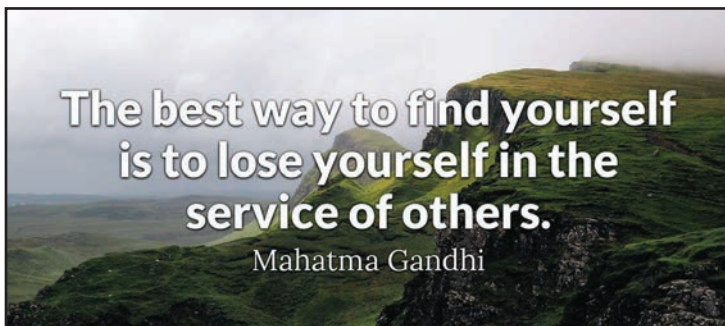
Nutrition

Providing meals with nutritional value is a fundamental tenet in our business. Our staff takes the time and care in preparing your meals to ensure that what you eat is natural, tasty and beneficial for you in the long haul:

- No MSG or preservatives are added
- Natural spices are used to reduce sodium
- Full course and a la carte meals are blast frozen to maintain freshness and preserve nutrients
- Salads and sandwiches are prepared shortly before their arrival for a refreshing taste.

Variety

Bettermeals extensive menu provides many appetizing dishes to choose from. Our menus are tailored to satisfy the specific dietary needs of our customers.



BCC1 WORKSHOP - October 17, 2017

Duncan, B.C.

Chair - **Rick Devlieger** BSC

Guest **Guy Bird** National Director

Attendees represented all Branches on Vancouver Island.

Nanaimo Representatives were **Ken Jones, Rick Roberts, Fran Graham.**

1. Advocacy- APO Richard Simpson

Priorities:

Health Care (quality, coverage, PSACP)
Senior Services/ Benefits ie Pharmacare Plan
Federal Budget consultation
Bill C 27 (now gone to second reading)

2. Honour your Promise Lawsuit... due to many errors in Judge's ruling in fact as well as interpretation the court dismissal is being appealed.

3. Provincial Policy impacts:

how will changes in payments for B.C. Medicare premiums impact our members (unknown at this time), sales tax on premiums for PSHCP and PSDP (as in Sask. and Quebec)... something to watch in the future, need to watch that the Province spends the amount promised in the he latest Health Accord on Home Care and they don't divert the funds elsewhere.

4. MSP rebate process:

a member of the Duncan Branch reporting a huge delay in receiving her rebate cheque...did not appear to be an issue in other branches.

5. Chilliwack Meeting (date and location to be determined)...discussion re agenda items...advocacy and recruitment seem to be the major issues.

6. Recruitment:

Victoria Branch attends trade shows with display and a banner and hand-outs, pens and pads with Federal Retirees information on it... say they engage lots of people but not sure whether it leads to membership. other suggestions included ad in papers, submitting press releases, and use of social media. Treasury

Board will not be allowing our information to be sent out with pension info anymore. Was suggested that branches share recruitment information with each other.

7. Veteran's Outreach Town Halls:

to happen in Victoria and Comox...Victoria working in partnership with Sidney and Duncan...Comox seems to be working on their own. Goal is not to encourage membership but more fact finding.

8. Guy Bird Presentation:

- would not support assisting branches financially in sending an observer to the AMM...says Branches should set up a Volunteer Support reserve fund and use these dollars to send an observer,
- National Office looking at automatic credit card renewal due to the small possibility of DDS enrolment may disappear.
- National looking for Volunteer Communications Support Officers with enhanced computer skills.
- Guy emphasised the importance of police record checks for people dealing with vulnerable clients..issue impacting negotiations with our insurer.
- National finances in better shape but not out of the woods yet...finance committee has asked the Executive Director to find a reduction of \$500.000 in the budget



Nanaimo and Area Branch Executive 2017 - 2018



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.



Membership Report - Vic Ashdown

As of October 19th, 2017, the Nanaimo and Area Branch had 1882 members comprising 1250 retirees and 632 spouses. Of the 1250 retirees, there are 1055 on DDS and 195 pay at Branch or by credit card. Since the last Report (May 18th), the following changes have taken place:

New or Reinstated Members (23)

Joe & Heather Cooper
Evelyn Dawson
Kenneth & Mary Dorush
Maria & Joseph Edmond
Susan Farlinger & Carman Wilson
Brian Forsyth
Alcide & Linda Girard
Andrea Keele & John Kinosh
Ron & Suzanne Laroy
Katalin Leduc
Angela Marafon
Irene Osler
Yvon & Laurie Savoie
Gaylene Thorogood & Kevin Gibbs

Transferred In (26)

Maggie Chartrand & Stephen Marsh
Jean & Wendy Cloutier
Brian Dane
Michael & Darcie Demchuk
Wendy Farrington
Elizabeth Ferns
Gilbert Gaudreault & Erika Mutschler
Glen & Linda Harman
David Jones
Marcel & Susan Lavigne
Chester Moore & Donna Ashdown
Deanna Neeve

Juanita Reid & Mike Hatcher
Stephen & Marilyn Robertson
Terry Satchell & Christine Devlin
Joann Walton

Transferred Out (3)

John & Ann Filgate
Elaine Halliday

Membership Cancellations (17)

Arthur Anderson
Patricia Andrew
Guillaume Belanger & Erika Harris
Herma & Paul Daley
Patricia Edwards
John & Marianne Ewankiw

Gord Gans

Helen Groves
Eleanor Miller
Doreen Rayburn
Halina Sanders
LauraBelle Smith
Jana Svoboda
Marjorie Thomson

Lost Contact

Lois Allen, Nanaimo
Leonard & Kathleen Douglas, Qualicum Beach
Evelyn Morrissette, Nanaimo
Gabriel Plante, Nanaimo
Marjorie Thomson, Nanaimo
Freda Tomlinson, Nanaimo

In Memoriam

Gwen Anders

**Joan Baddeley, survived by husband
Ralph**

**Liz Barker, survived by husband Peter
Allen Baumhour, survived by wife Gail
Helen Butterworth**

**Lavern Cooper, survived by wife Dorothy
Barbara Dawson**

**Jean Devost, survived by wife
Ellen Suettler-Pellerin**

Roger Dumas, survived by wife Joan

William Elliott, survived by wife Marilyn

Barry Gardner, survived by wife Leonie

**Peter Henderson, survived by wife
Hilary**

Rene Marchand, survived by wife Dawn

**Thomas McIntyre, survived by wife Sheila
Gregory McLean**

Helen Miles

**Francis Osborne, survived by wife
Delores**

**Shirley Ribbins, survived by husband
Patrick**

Stuart Smith, survived by wife Pamela

Patricia Stephen

Carolina Terry

Paying Fees by Cash, Cheque, Credit Card? Details!

As noted in the June Newsletter, starting in October those members paying their annual membership fees by cash, cheque or credit card will receive invoices, reminders, and receipts from National Office rather than from your Branch Membership Director. National will send the following:

- About 30 days prior to the due date, a renewal notice followed by a receipt after payment;
- If unpaid, 30 days after the due date, a second reminder;
- If still unpaid, 60 days after the due date, a final reminder; and
- 90 days after the due date, a cancellation notice.

These notices will be sent via email where possible and by regular post to those without email. Please note that you will still be able to pay at Branch or to National Office as is done now. If you have questions, contact Vic Ashdown (see back page).



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.

Membership Fees – Small Increase for 2018

For 2018, annual membership fees will increase to Single \$48.96 (from \$47.76) and Double \$63.60 (from \$62.04). If you pay your membership fees by cheque or credit card and your renewal date falls before December 31, 2017, please submit your renewal fees based on the 2017 rates of \$47.76 single and \$62.04 double. Note: Even if you have a pre-December 2017 due date, National Office stipulates that any credit card payments or cheques not post-marked before 11:59 p.m. PST on December 31, 2017 must be submitted at the 2018 rates - so pay up by your due date!

National Association of Federal Retirees

Nanaimo Executive, Directors & Volunteers 2017-2018

| 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 | 585-3125 | heidleberghound@shaw.ca |
| Director | Communication | Fran Graham | 933-4766 | francesgraham@shaw.ca |
| Director | Telephone | Marian Pickton | 723-1136 | pfmcj@shaw.ca |
| Director | At Large | | | |
| 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 | 594-4002 | |
| 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 | Parksville/Qualicum | Lil Jones | 586-7718 | Kenjonesbc@shaw.ca |