

# National Association of Federal Retirees

## March Newsletter



Nanaimo & Area Branch [federalretirees-nanaimo.ca](http://federalretirees-nanaimo.ca)  
PO Box 485, Lantzville, BC V0R 2H0

March 2018  
Tel: (250) 586-7718



November, 2017 - General Meeting held at Tigh-Na-Mara - 169 attendees

### Next Meeting - Annual General Meeting

**Date/Time:** Thursday, March 22, 2018.

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:** 11:00-12:15

**Presentation:** 12:30 - 12:50

**Dr. Laura Shanner** is speaking on **Medically Assisted Death**.

**Luncheon** - Chicken Breast Buffet with mixed greens salads, vegetables, rolls, dessert and coffee/tea.

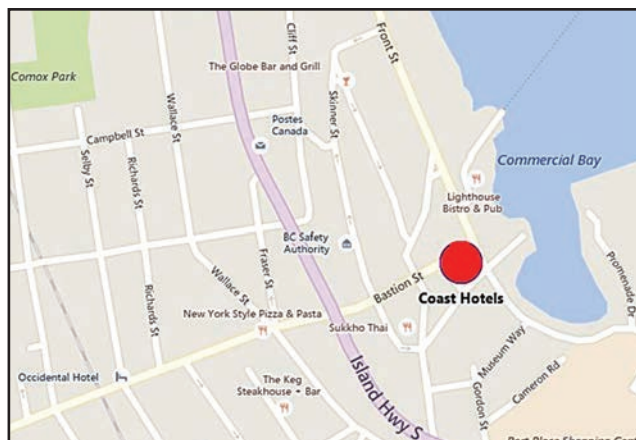
**In-House Draw** - Tickets \$2 or 3 for \$5. All proceeds to charity. We are also collecting non-perishable food or cash for the local food banks.

### 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, March 18, 2018**.

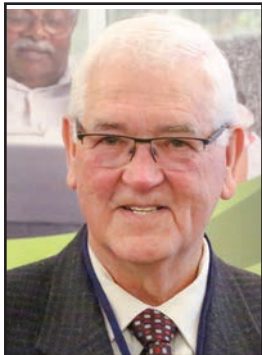
Name tags will be available at the meeting.



### EVENTS 2018

DATE	EVENT	PLACE	VENUE	MEAL	COST
March 22	Annual General Meeting	Nanaimo	Coast Bastion Inn	Chicken Breast Buffet	\$26
May 10	Volunteer Luncheon	TBA	TBA	TBA	N/C
September 20	General Meeting	Parksville	Bayside Inn	TBA	TBA
November 22	General Meeting	Parksville	Tigh Na Mara	Turkey Buffet	\$30

## President's Report Thursday 18 Feb. 2018



### Happy New Year!

Chilliwack Conference takes place May 23 and 24th, The agenda has not been set. Three members from our branch will attend.

The All Members Meeting being held in Outaouais, Quebec is scheduled for June 19-21

### Upcoming Webinar Sessions – Membership Recruitment Techniques

National office has developed a 90 minute “Membership Recruitment Techniques Session.

- Understanding member recruiting
- Basic information about the Association, MEDOC, our competitors, and what we have to offer
- Using recruiting techniques to help understand the client’s needs, handle objections, and convince them to join our Association
- Applying recruiting best practices

Register to the [English webinar](#)  
(all times are in Eastern Time Zone)

- February 26 – 2pm to 3:30pm ET
- February 27 – 2pm to 3:30pm ET
- February 28 – 10am to 11:30am ET
- March 1st - 10:30am to noon ET
- March 2nd - 10am to 11:30am ET

I hope each of the executive board members will register for one of the above dates.

Sincerely

Ken Jones – President

### General Meeting - November 29, 2017

Nanaimo and Area Branch BC 05

Place: Tigh-na-Mara Resort, Parksville, BC

Attendees: 161

The meeting was called to order at 11:00 pm by **Rick Roberts**, Vice-President. President **Ken Jones**, was not able to attend. The Agenda was moved by Rick, seconded by **Bob Willis**, carried.

**Bob Willis** moved the minutes of the GM on June 21<sup>st</sup> be accepted as presented.



**Rick Roberts**

**Fran Graham** seconded as amended. Carried.

**Rick** gave recognition to the wreath layers on Remembrance Day in our area.

### COMMITTEE REPORTS:

**President – Rick Roberts**, acting for **Ken Jones**, reported on the Town Hall meeting in Comox where 57 persons attended. There were many comments from attendees and all comments were recorded.

**Vice President – Rick Roberts** asked for more volunteers to help on the Executive. We have 3 vacancies.

**Secretary – Sheila Wilson** provided some copies of the minutes of the last GM. She also reminded attendees of the need to get their “Gold Card” medical services card replaced by a new photo ID card at any ICBC licensing office. Deadline is the end of February 2018.



**Sheila Wilson**

**Financial – Penny Kanigan** presented full accounting information on overhead charts. We have a reconciled bank balance of \$6920.59 in our chequing account. She will provide the National office with our financials for 2017. The proposed 2018 budget was presented and Penny answered questions from the floor. Penny moved that the financial reports be accepted, Vic Ashdown and Marian Pickton seconded, carried.

**Membership – Vic Ashdown** advised that we have 1048 DDS members, 194 non-DDS members and 632 spouses, for a total of 1874.

We have 27 new or reinstated, 23 transferred in, 12 transferred out, 17 cancellations and 4 lost contacts. There were 23 deceased and we observed a minute of silence in their memory.

Annual dues for NAFR will be increased to \$47.76 and \$62.04 in 2017 (single and double) \$48.96 and \$63.60 in 2018 and \$50.28 and \$65.16 in 2019.

**Health And Benefits – Andy Gilman** highly recommended three articles in the last SAGE magazine related to seniors’ health. Particularly interesting was the discussion with a Doctor

regarding the use by seniors of over the counter medications. There is a new report of patient use of narcotics for pain relief in Canada and declining rates of prescribing by Doctors.

**Programs** – Rick Roberts.

Our AGM in March will be held at the Coast Bastion in Nanaimo. We are going from 4 to 3 meetings per year in order to stay within our budget, consequently there will be no June meeting. Locations for the meetings will be confirmed early.

**Unfinished Business:**

Nominations for March AGM were read and changes to the nomination process were discussed. These changes will be presented at the AGM for a vote by the membership.

The draft 2018 budget and a change in expenditure approval were presented for information. The budget will be voted on at our AGM in March.

Attendees were reminded that we were collecting food or cash donations for the food banks in our area.



**Andy Gilman**



In house draw raised \$450.00. \$225.00 went to the branch charity fund.



The 3 winners of \$75.00 each were Charles Scrivener, Lettie Hodges and Peter Kanigan



**Andy Gilman and Charles Scrivener display food and cash collected on November 29, 2017**



**Rick Roberts and Marian Pickton**

**Rick Roberts and Charles Scrivener** presented a 5 year Volunteer certificate to **Marian Pickton**, who was also treated to a free meal. The meeting was adjourned at 11:55.

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'



President Ken presents a cheque from our charity fund to Joseph Goldstein, Director of 7-10 Club Nanaimo. Far right - Linda Wiltse, Director, Nanaimo and Area Branch.

### Advocacy Report for 15 Feb 2018

There will be four national strategies in 2018 to be crafted by the Liberal government

- A. National Seniors Strategy to see in 2018 to begin crafting a national senior's strategy.
- B. Retirement security and Bill C-27- MPs are expected to continue debating in Parliament proposed changes to what type of pensions federally-regulated employers can provide
- C. Veterans' lifelong pensions and Veterans' services – Shortly before the holidays, the Liberal government announced it would reintroduce lifelong pensions as an option for Canada's disabled veterans who retired after 2006. Now, 2018 is expected to be a year of preparation for their implementation.
- D. Federal tax on health and dental plans not entirely out of mind for Liberals.

There has been no notice from the BC Advocacy Program Officer of strategies for the coming year.

What are your thoughts of what can our Branch do? My suggestions:

1. Series of articles in local papers called Target Benefit Plans 101
  - a. What are target benefit plans?
  - b. How do target benefit plans differ from defined-benefit pension plans?
  - c. How do target benefit plans differ from defined-contribution plans?
  - d. What are the risks?
  - e. Honour Your Promise

- f. What's next?
2. Take action on Bill C-27
  - a. Make sure your voice is heard
  - b. Spread the word
  - c. Build momentum
  - d. Get louder
  - e. Deliver results

I look forward to hearing from you,

Cheers,

**Ken Jones**, President

### Program - Lifeline

**Rick** introduced our guest speaker, **Joan Ryan**, Director of Special Projects at "Lifeline" who provided some interesting information on their services. Lifeline provides personal emergency response, medical dispensers and they partner with Search and Rescue.

The area served on Vancouver Island stretches from approximately the airport north to Deep Bay. Lifeline started in 1987.

Falls are a big concern with seniors as is caregivers experience burn out and non-compliance with medication prescriptions.

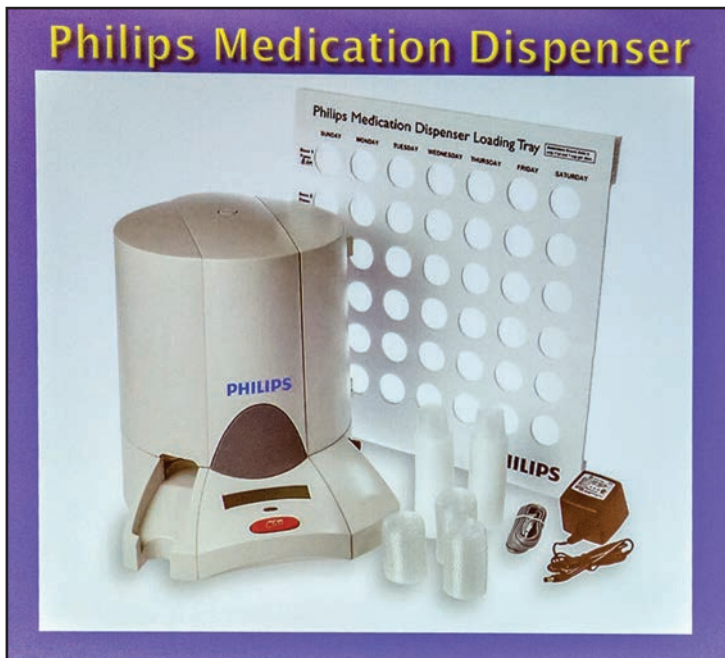
Lifeline has benefitted recently from new technology and now there are several different equipment options available: all are intended to allow people to live safely for longer in the familiar surroundings of their own home.



There are several options for alerting Lifeline, all with waterproof buttons.

- GoSafe traditional landline with an emergency call button
- GoSafe with fall alert button
- GoSafe wireless communicator with traditional button. There is a 250 ft. range from the home base.
- GoSafe with land line and wireless communicator. This is intended for persons who are inclined to wander and become lost or who like to walk but may suffer a fall. It includes GPS, wireless triangulation, an audible beacon, electronic breadcrumbs and two way communication.

Lifeline also provides a medication dispenser for people who cannot manage a blister pack.

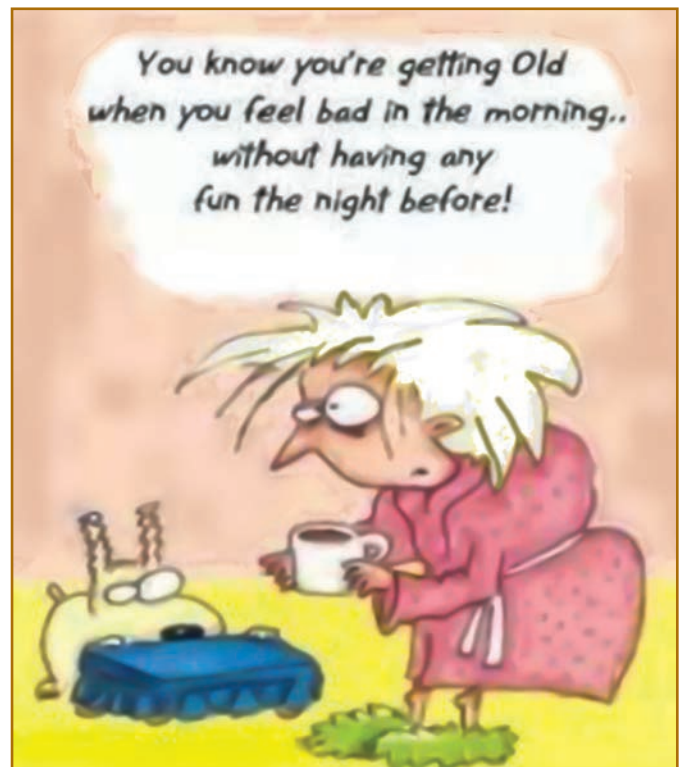


They also have a joint project with Search and Rescue to help find elders who wear an electronic bracelet and are at risk of wandering.

Lifeline is a partner in a multi- agency initiative to help address issues of seniors who are socially isolated. They will receive a check in call every day. Soon there will also be in Nanaimo a drop-in centre for low income marginalised seniors. It will be open three days a week and the rest of the time it will be used for special program delivery. Lifeline's part in the initiative will be to call seniors to help ensure they participate.

### Scam Corner - Charles Scrivener

Improved credit card and Microsoft scams are making the rounds. I recently received a phone call after 5pm from "Royal Bank". They already had my card number and thanked me as a >40-year customer. They had replaced my card with a new "improved" offer. I was very upset, because my contract with RBC was good for another 1.5 years (they now had my expiration date). The phoner tried to calm me by explaining the benefits of the "new card". I copied the apparent source number of the call and told them that I was cancelling my business with Royal Bank. After the call, the source number was Googled and it was a known scammer originating from Hamilton, Ontario. Banks NEVER make calls like this to customers. Now computer scammers claim that they represent Microsoft and Apple; that they are phoning about your IP address; and that they are trying to improve your internet speed. After >15 minutes on the phone with him, I learned that his call was from Hamilton, then from Ohio and not from California; that he also represented Apple; and that Microsoft made computers and not software. He finally huge up when I accused him of phoning from India.



## 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.**

### Annual General Meeting 2018– Election of Officers

The positions listed to the right will be elected for two years at our Annual General Meeting on March 22, 2018.

The chairperson of the Nominations Committee shall request nominations from the floor at the AGM and then conduct an election for each available position. Director positions available.

If no candidate is presented at the Branch AGM to fill a vacant position, the Branch Executive may appoint a Branch member to fill the position until the next AGM.

The remaining positions will be elected in 2019. This method provides a continuity of knowledge on the executive.

### Officers to Be Elected March 22, 2018

Vice-President	Rick Roberts	(2 year term)
Secretary	Sheila Wilson	(2 year term)

### Director Positions

Director	Vic Ashdown	(2 year term)
Director	Sharon Whalen	(2 year term)
Director	Ian Williams	(2 year term)
Director	Jim Gahr	(2 year term)
Director	Fran Graham	(2 year term)
DDirector	Linda Wiltse	(2 year term)
Director	Vacant	
Director	Vacant	

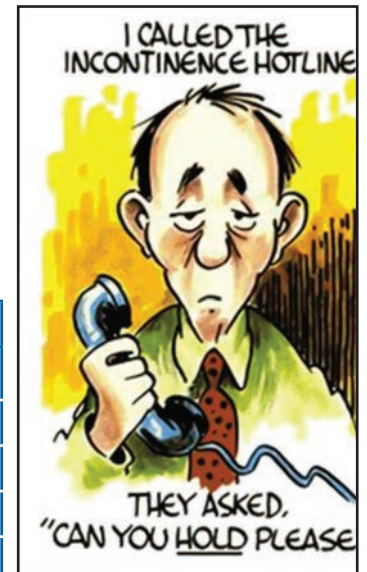
### Financial Report - Penny Kanigan, Treasurer



Outstanding Cheques	
Name	Cheque Amount
Ian Williams Chq 04	\$18.89
Vic Ashdown Chq 05	\$85.56
Fran Graham Chq 06	\$57.00
Charles Scrivener Chq 07	\$12.00
<b>Total Amount</b>	<b>\$173.45</b>

### Coastal Community Credit Union Reconciliation 2018 February 15

CRM		Credit Union Statement	
Current Assets	\$9,174.77	Current Balance	\$9,348.22
		Outstanding deposit	-
		Sub Total	\$9,348.22
		Minus outstanding cheques	(173.45)
<b>Total Cash</b>	<b>\$9,174.77</b>	<b>Total Cash</b>	<b>\$9,174.77</b>





## Membership Report - Vic Ashdown

As of February 15th, 2018, the Nanaimo and Area Branch had 1866 members comprising 1238 retirees and 628 spouses. Of the 1238 retirees, there are 1037 on DDS and 201 pay at Branch or by credit card. Since the last Report (October 19th), the following changes have taken place:

### **New or Reinstated Members (21)**

Dennis & Dianne Baker  
John & Laura Bentham  
Sharon Cole  
Carol Gregson  
Richard & Heather Harbo  
Tina Ickringill  
Howard Matwick & Linda Kennedy  
Robert & Nicole Patterson  
Thomas Price  
Darren & Valerie Rich  
Barb Roberts  
William & Carol Shaw  
Carol Sinclair  
Pamela Smith

### **Transferred In (12)**

Jerome & Eileen Bender  
Dave & Sandy Biener  
Mary Black  
Dan Buckler  
Marie Claveau  
Martin & Judith Field  
Vivian & Bill Hewlett  
Margaret Sandeman-Allen

### **Transferred Out (16)**

Frank & Lynne Breese  
George & Angelina Burch  
Brenda & Verlyn Busch  
Marshall Butcher  
David Elrick  
Wendy & Alan McLeod  
Ronald Mitchell & Susan Myles  
Paul & Frances Sprout  
Norman & Margaret Waterhouse

### **Membership Cancellations (9)**

Joan & Bill Chisholm  
Joyce Glover  
Eileen Kozak  
Grace Lund  
Joan Martin  
John & Cecile McDonnell  
Anita Sakayi'kn

### **Lost Contact (6)**

Elliot Bell, Qualicum Beach  
Elvin (Al) Clarke, Nanaimo  
Leonard & Kathleen Douglas, Qualicum Beach  
Ralph McFadyen, Qualicum Beach  
Gabriel Plante, Nanaimo

## ***In Memoriam***

**Lois Allen**

**Esther Burchill, survived by husband**

**Paul**

**David Cobley**

**Marie Du Plessis**

**Moses Du Plessis**

**James Easton, survived by wife Barbara**

**Ellory (Lee) Faulkner, survived by wife**

**Alma**

**William Flower**

**Robert Gauld**

**Clifford Mason, survived by wife Pat**

**Rosemarie Nenzel**

**Marie Phelan**

**Archie Prospero-Porta, survived by wife**

**Gina**

**Patrick Ribbins**

**Alvin Solmie, survived by wife Sheila**

**Irene Thompson, survived by husband**

**Alan**

**Ronald Walsh**

**William (Bud) White**

**National Association of Federal Retirees**

**Nanaimo Executive, Directors & Volunteers 2017-2018**

<b>Class</b>	<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Executive</b>			<b>All 250</b>	
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
<b>Directors</b>				
Director	Membership / Database	Vic Ashdown	248-2027	ashdown@shaw.ca
Director	Health & Benefits	Andy Gilman	248-8595	andygilman48@gmail.com
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			
<b>Coordinators</b>				
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
<b>Nominations</b>	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