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RETIREES
NANAIMO & AREA BRANCH**

Edited by the Branch Executive Committee 2016
Nanaimo and Area Officers and Directors for 2016



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, Margie Dunsmore is missing from the photograph.

Based upon the work of the Branch Historian
Charles Scrivener

This history was published on the 35th Anniversary of the Nanaimo Branch and the 54th Anniversary of the National Association of Federal Retirees, formerly the Federal Superannuates National Association. It is a supplementary document to the “20 YEARS OF HISTORY” that was published during 2002.

“Summary”

Our Branch and Association have grown during the last decade and a half. Membership in the Nanaimo Branch has increased from **1,385** at the beginning of 2002 to **1,979** during 2015, while membership nation wide has increased from >120,000 to 187,000. Branch membership has plateaued around 1,960 \pm 30 during the last five years because we no longer have easy access to federal retirees for recruitment and because our membership is aging.

Branch budgets have also increased from \$18,422 to \$23,210 during the same period. Our revenues have not kept pace with expenditures (\$21,300 vs. \$14,000) because of declining interest rates, because little of the dues increase has gone to the Branches, and because we are now a “Not for Profit Corporation” that can not build and bank revenue surpluses as in the past.

Attendance at Nanaimo Branch AGMs and GMs has risen from ~150 to ~200 members. Our participants have been this numerous (10% of membership) because volunteers telephone each member to invite them to each event and they request input. The Quarterly Branch Newsletter is also sent to every household. High participation at meetings and luncheons is now limiting the number of venues available.

Nanaimo Branch also included members from Ladysmith, Port Alberni, Ucluelet, Tofino, Qualicum and Parksville so we have tried to hold some meetings outside of Nanaimo. Each year since 2002, one or two meetings have been held in Port Alberni, Qualicum or Parksville. The great numbers that attended the June 2003 GM in Port Alberni did not continue, so meetings have now been confined Nanaimo and Parksville.

The Branch is very dependant on volunteers. Branch Officers and Directors usually number 13-14 and we also have four area Coordinators. Phone Captains and Phoners that contact each Branch member before meetings usually number 75-80. Card writers and Hospital visitors usually number six. Others serve on committees and at meetings. The Branch serves its members effectively because of these volunteers.

NAFR has changed during the last decade and a half and not just in Name and Logo. We are no longer a corporation, but are governed under the Not for Profit Corporations Act, so the Governance Model and Bylaws were changed. An Annual Members Meeting has replaced the Triennial Convention and Annual President’s Conference. Branches have a single delegate (Branch President) who can have multiple votes depending on Branch size. The Branches are divided into Regions to which the elected National Board of Directors appoints a Provincial Advocacy Officer (PAO) and a Regional Services Officer (RSO). They helped coordinate Regional activities and meetings. “Webinars” were developed to inform and train members online about various topics thus reducing travel.

Our Association has had two major disputes with the federal government and we are launching into a third. The passage of Bill C-78 declared “surplus” and “removed” \$28B from the Superannuation Account. NAFR’s law suit eventually reached the Supreme Court of Canada which dismissed our case. The Superannuation Account contains “No Assets” and Plan members have “No rights” to any surpluses in the pension account, but only to the defined benefits of the Plan. Legislation was later proposed, but never passed, to change the Superannuation Plan from a “defined benefits plan” to a “defined contributions plan”. The PSHCP and the PSDP were also changed by legislation permitting Treasury Board to establish “not-for-profit” Corporations for these plans and we began negotiating their governance. After an agreement was signed, the government passed legislation that changed premiums from 75/25 to 50/50 cost sharing. This has led to a new law suit.

"2002"

Many new issues had to be resolved. As our numbers increased Branch BC05 was faced with the problem of finding locations big enough to hold our General Meetings. The increasing numbers from the extremities of our area also raised the issue of whether to either split the Branch or open a satellite Branch (e.g. Port Alberni). We instituted Area Coordinators to cater to the needs of those outside of Nanaimo and held an "open" Executive meeting on October 17th at the Legion Hall in Qualicum Beach. Other Executive meetings were held monthly (except July & August) on the 2nd or 3rd Thursday of each month at Lantzville's St. Phillips by the Sea church. Our members received a pension increase of 3.0% in January 2002 and Branch membership totalled 1,420 by the end of 2002. Branch revenues were \$21,301 with approved expenditures of \$18,422.

The Branch AGM was held November 28th at the Royal Canadian Legion 256 Hall in Nanaimo. GMs and luncheons were held March 15th, June 20th, and September 19th at same premises in Nanaimo. All meetings were attended by >150 members.

The new Executive for 2002 was:

President	Marg Mostowy
Vice President	Bob Hoogerbrug
Past President	Hap Armstrong
Secretary	Cathey Hoogerbrug
Treasurer	Bob Stitt
Newsletter	Ron Gladstone
Directors	Victor Ashdown, Dorothy Cummings, Lute Dunsmore, Betty McTaggart, Deanna Neeve, Nes Mostowy, Alex Kohuck, Bob Kutzschan, Cliff Pickton, & Charles Scrivener

During 2002, Award Certificates for 5-years of volunteer service to the Branch were presented to Hap Armstrong and Marjorie Cobley. To celebrate Nanaimo Branch's 20th Anniversary, we published a 20-page History of the Branch that was distributed to each Branch member. Life Memberships were awarded to our surviving founding members.



Life Membership: Bob Kutzschan



Doris Francis



Nelson Yates

Presented by Marnie Bruce, National 3rd Vice-President

Beginning in 2003, Bob Kutzschan, Doris Francis, Nelson Yates and Ken M^cNicoll (photo not available) had their FSNA dues paid each year by the Branch.

"2003"

Nanaimo Branch executive met monthly (except July & August) at St. Phillips by the Sea church in Lantzville. We held our June 19th GM at the Barclay Hotel in Port Alberni. Attendees were given a tour of the Historic McLean Sawmill. A health-related panel of Dawn Tyndall from the Canadian Cancer Soc., Donya Fiske from the Heart & Stroke Foundation, and Norma Gomerich from the Canadian Diabetes Assoc. spoke at March 20th GM at the RCL in Nanaimo. Inspector Ennis Mond from the Nanaimo Fire Dept. spoke about fire loss & prevention around the home at the September 18th GM in Nanaimo. The AGM was held November 27th at the Mt. Benson Legion Hall in Nanaimo. During 2003, our Branch income was \$14,204, expenses were \$13,025 and membership reached 1,450. Indexing increased pensions 1.6% during January 2003.

Serving on the Executive for 2003 were:

President	Marg Mostowy
Past President	Hap Armstrong
Vice President	Bob Hoogerbrug
Secretary	Cathey Hoogerbrug
Treasurer	Bob Stitt
Membership director	Vic Ashdown
Newsletter Editor	Ron Gladstone
Programs	Pat Mason
Historian	Cliff Pickton
Directors	John Ablett, Barb Campbell, Alex Kohuck, Doris Grieves, Darrell Hamilton, Marg Pierce, Charles Scrivener, Leroy Wood.

Award Certificates for 5-years of volunteer service were presented to Phone Captains Alex Grey and Anne Henderson. Awards were also presented to phoners Clem Brown, Edith Easton and Bob Wilkinson during 2003.

Our branch's quarterly newsletter was published again in 2003 during March, June, September & October, and then distributed to each member. Since the membership is growing so rapidly, the executive encouraged members to receive their copies as E-mail, thus saving printing & postage costs. The 1st branch newsletter was a single page letter from the President to members and printed in January 1983. By 1991, it was a 2-page double-sided printed letter, published twice annually and edited by our Vice President. By 1995, it had a director/editor devoted fully to its production, it was published 3-times annually, and it was 4 to 6 pages in length. By 1998, the newsletter had evolved into its present form (without colour), it had to be limited to 8-pages, and it was published quarterly. Our newsletter is a proven and important method of branch communication.

This was a quiet year on the National scene as there was neither a Triennial Convention (last held 2001), nor President's conference this year.

2004

During 2004, 10 Branch Executive meetings were held, but in future their number was reduced from 10 to 5. They met on the 2nd or 3rd Thursday of the month at St. Phillips by the Sea Church in Lantzville except for the open meeting held in Port Alberni on October 14th. The Executive also decided to hold one General Meeting (GM) and One Executive meeting outside of Nanaimo each year. The June 17th GM was held at Quality Resort Bayside in Parksville. Branch GMs were held at Mt. Benson Legion in Nanaimo on March 18th, September 16th and an AGM November 25th. Attendance averaged 180 members at these functions. Nanaimo Branch had annual revenues of \$12,117 from dues, interest and 50/50 draws, and an approved budget of \$13,705 of which only \$11,450 was spent. Branch membership rose to 1,530. During January 2004, pensions were increased 3.3% because of increases to Canada's CPI.

Serving on the Executive for 2004 were:

President	Bob Hoogerbrug
Past President	Marg Mostowy
Vice President	Vic Ashdown
Secretary	Cathey Hoogerbrug
Treasurer	Bob Stitt
Newsletter Editor	Ron Gladstone
Historian	Cliff Pickton, John Ablett
Directors	Vic Ashdown, Susanne Body, Barb Campbell, Doris Grieves, Darrell Hamilton, Pat Mason, Charles Scrivener & Leroy Wood.

Our Branch Historian, Cliff Pickton, passed away suddenly on November 21st and he was replaced by John Ablett. An E-mail version of the Branch Newsletter was developed and sent to 120 members saving some postage costs.

Award Certificates for 5-years of volunteer service to Branch BC05 were presented to former Branch Executive member Nes Mostowy, and phoner Kathleen Wyman. Alex Kohuch's long service as a hospital visitor was recognized by awarding him a "Life Membership". The luncheon for Branch volunteers was held on February 19th at the Nanaimo Golf and Country Club.

FSNA's "Triennial Convention" was held August 12th to 14th in Ottawa this year and Bob Hoogerbrug & Marg Mostowy attended as Nanaimo Branch's delegates. Big changes occurred in our National Board of Directors (only 3 remained) and Dennis Jackson became President of FSNA. Some of our long-serving executive were nervous about so many changes occurring in a single year. Dunc Dunsmore, a Branch member, retired as our Regional Director and he was replaced by Al Dobber.

The National Office began negotiating for renewal of the Public Service Health Care Plan Trust Agreement. Information and negotiation meetings were held throughout 2004. A Regional meeting was held December 13th in Duncan where attendees were up-dated on National issues.

2005

Our Branch Executive met at Lantzville's St. Phillips by the Sea Church on January 20th, March 17th, June 9th, September 8th, November 17th & December 8th of 2005. The Branch executive decided more than five executive meetings a year were required for Branch business. During 2005, Darrell Hamilton resigned from the Executive and was replaced by Al Heinrich. Nanaimo Branch had annual revenues of \$12,684 from membership dues and bank interest; and an approved budget of \$11,052 of which only \$10,270 was spent. Branch membership rose from 1,530 to 1,664 during the year because of an intensive membership drive. Pensions were increased 1.7% in January 2005.

Serving on the Executive for 2005 were:

President	Bob Hoogerbrug
Past President	Marg Mostowy
Vice President	Vic Ashdown
Secretary	Cathey Hoogerbrug
Treasurer	Bob Stitt
Membership director	Vic Ashdown
Newsletter Editor	Ron Gladstone
Directors	John Ablett, Susanne Body, Barb Campbell, Doris Grieves, Al Heinrich, Pat Mason, Charles Scrivener, Leroy Wood.

A variety of speakers made presentations at our Branch General Meetings (GMs). Ms. Melvin & Mr. MacKinnon of the Citizen's Assembly discussed Electoral Reform and the provincial referendum at our March 31st luncheon in Nanaimo. Cpl. Foster of the RCMP spoke of Frauds & Scams targeting seniors at the June 16th luncheon in Port Alberni. Mr. Leslie & Mr. Fromm discussed B.C. Ambulance services and their equipment at our September 15th GM in Nanaimo. Service reports at our November 24th AGM in Nanaimo indicated that more than 125 get-well or sympathy cards had been mailed and more than 100 hospitalized members had been visited during 2005.

Award Certificates for 5-years of service to the Branch were presented to executive & former executive members Bob Hoogerbrug, Marg Pierce & Sherwood Moore during 2005. Phoners Tony Antoniuk, Berna Dennison & Bruce Smyth also received awards.

A Regional Vancouver Island meeting, June 27th, in Duncan was attended by Bob Hoogerbrug and Marg Mostowy. They discussed centralization of power by National Office, how FSNA is organized, and progress with PSHCP negotiations.

A Branch President's Conference was not held during 2005. National activity has centred around negotiations for changes to the PSHCP agreement. A tentative settlement was reached. The federal government introduced legislation that permitted Treasury Board to set up and manage "non-profit" PSHCP Corporations. The PSHCP Trust had been under Ontario jurisdiction.

2006

Nanaimo Branch Executive met at Lantzville's St. Phillips by the Sea church on January 19th, March 23rd, June 8th, September 14th, November 16th and December 7th during 2006. A special meeting of the Branch Executive was held on February 2nd to discuss the National President's Conference in Toronto later in February, where Bob Hoogerbrug would attend as our delegate. Major changes in FSNA's "governance model" were being proposed for the Triennial Convention of 2007. Nanaimo Branch had annual revenues of only \$11,504 because bank interest and 50/50 draw income declined; and an approved budget of \$11,714 of which only \$9,240 was spent. During 2006, Branch membership dropped to 1,629. Pensions were increased 2.2% during January 2006 using October to September changes in Canada's CPI from the previous year.



Taking Oath-of-Office: Leroy Wood, Bob Stitt, Vic Ashdown, Doris Grieves, Cathey & Bob Hoogerbrug, Barb Campbell, Charles Scrivener, Ron Gladstone, Pat Mason, Al Heinrich, John Ablett, Margaret Pierce, Alex Kohuch.

Serving on the Executive for 2006 were:

President	Bob Hoogerbrug
Past President	Marg Mostowy
Vice President	Vic Ashdown, Al Heinrich
Secretary	Cathey Hoogerbrug
Treasurer	Bob Stitt
Membership director	Vic Ashdown
Newsletter Editor	Ron Gladstone
Directors	John Ablett, Susanne Body, Barb Campbell, Doris Grieves, Al Heinrich, Pat Mason, Charles Scrivener, Leroy Wood.

We continued holding four General Meetings and luncheons during 2006. The March 30th GM was held at Mt. Benson Legion Hall in Nanaimo where Al Akins and Jim Ghar of B.C. Hydro, Power Pioneers, Wise Owls spoke about scams and frauds, banking & legal issues, home security and personal well-being for seniors. The June 15th GM took place at the Bayside in Parksville where Wendy Pratt, Executive Director, Nanaimo Hospice Society discussed end-of-life care and issues (160 attended). Leonard Krog, Nanaimo MLA, spoke at our September 21st GM at Mt. Benson Legion in Nanaimo (131 attended). Our National President, Dennis Jackson presented a brief outline of the new governance model at the Branch AGM held on November 23rd in Nanaimo. Elections and a 2007 budget were also approved (197 attended).

During 2006, the volunteer appreciation luncheon took place March 9th at Nanaimo Golf and Country Club which was attended by 47 branch volunteers. Award Certificates for 5-years of volunteer service were presented to Eileen Bent, Ron Gladstone, Sandy Henry, Dwight Heritage, Douglas O'Donnell and Kenneth Rowe.

Our Branch Newsletter was published during March, June, August, and October again this year. Ron Gladstone, editor, provided greater coverage of Branch and National affairs. The membership was steadily encouraged to receive the Newsletter in colour by E-mail instead in black & white by post. Each posted Newsletter cost the Branch \$4.00.

A Regional Vancouver Island meeting was held February 6th in Duncan. Bob Hoogerbrug, Al Heindrich, Marg Mostowy, and Vic Ashdown attended from our Branch. Regional preparations and a Regional strategy were established for the President's Conference in Toronto later in February. Another Regional meeting was held October 30th in Duncan. The propose new FSNA "Governance Model" and the Ontario governments refusal to continue drug cost coverage for PSHCP members were discussed.

2006 was not a Triennial Convention year, but a National Branch President's Conference was held in Toronto during February 23rd to 26th. Bob Hoogerbrug attended for the Nanaimo Branch. The proposed new FSNA "Governance Model" was described and discussed. Negotiations for and signed deals for the new Public Service Health Care Plan (PSHCP) and improvements to the Public Service Dental Plan (PSDP) were also discussed. Now that our PSHCP is a "non-profit corporation" and not a trust, we must negotiate a "governance model" for this corporation with Treasury Board.

2007

Our Branch Executive met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month of 2007 except February, July and August. Nanaimo Branch had annual revenues of \$12,766 from membership dues and Bank interest; and an approved budget of \$11,450 which was totally spent. Branch membership rose to 1,755 by the end of 2007. Most of those members (1,358 vs. 397) now had monthly dues deducted at source (DDS) rather than paying an annual cheque to the Branch. This freed our Treasurer from issuing so many receipts. Pensions were increased 2.3% in January 2007 using October to September changes in Canada's CPI from the previous year.

The executive changed throughout 2007 as Al Heinrich became President, Bob Stitt resigned and Marg Mostowy assumed Treasurer duties. By year-end, John Ablett, Leroy Wood and Peter Hann had also resigned as Directors.

Serving on the Executive for 2007 were:

President	Bob Hoogerbrug
Past President	Marg Mostowy
Vice President	Al Heinrich
Secretary	Cathey Hoogerbrug
Treasurer	Marg Mostowy
Membership director	Vic Ashdown
Newsletter Editor	Peter Hann
Directors	John Ablett, Susanne Body, Barb Campbell, Doris Grieves, Pat Mason, Whitney Moyer, Charles Scrivener, Leroy Wood.

During August, FSNA Bylaw changes at Convention 2007 forced Branch AGMs to take place early in the year, so no Branch AGM was held during 2007. Nanaimo Branch's AGM was delayed until March 27, 2008. General Meetings (GMs) and luncheons were held at Quality Resort Bayside, Parksville on June 14th and Mt. Benson Legion, Nanaimo on March 29nd (192 attended), September 20th (132 attended) and November 22nd (186 attended). At the June 14th GM, Const. Tim Schewe, RCMP spoke about improving driving habits for all age groups.

Award Certificates for 5-years of volunteer service were presented to Branch Executive members Vic Ashdown, Cathey Hoogerbrug, Frieda Mason, Charles Scrivener & Leroy Wood, phone Captain Michelle Ashdown, and phone volunteers Elizabeth Barker, Evelyn Ethier, Helen Hartman, Alexander McConnell, Enid Perry, Marion Rivers, Margaret Smith & Marjorie Rose. A volunteer's luncheon was held at the Nanaimo Golf Club on December 6th. Nelson Yates, a founding member and "Life Member" since 2003, had his Life Membership extended despite having his residence moved to the mainland.

The Branch Executive began amending Branch By-laws and Procedures to comply with National By-laws and the “Not-for-Profit” Corporations Act. An overall review was undertaken using a template format provided by the National Office.

Quarterly Branch Newsletters continued to be published and distributed during March, June, August and October. During the past 5-years, the newsletter had grown to eight pages of double-sided print. We are now limited by postage rates to a Newsletter of four pieces of paper. Members were encouraged to receive their Newsletter by E-mail to save costs. 382 households now received their newsletter by E-mail. During 2007, our long-time editor, Ron Gladstone, retired and his duties were assumed by Peter Hann.

A Regional Meeting of Island Branches was held June 5th in Duncan and attended by Bob and Al. A regional position was established for Convention 2007 in Ottawa.

Convention 2007 was held August 15th to 18th in Ottawa. Bob Hoogerbrug and Marg Mostowy represented the Nanaimo Branch as delegates. A new “Governance Model” was approved making FSNA a “not-for-profit organization”. Branch AGMs must follow shortly after our financial calendar year (Jan.1 – Dec.31) with audited finances. FSNA’s logo and tag-line were changed. A smaller (105 delegate), multi-day, “Annual Congress” has replaced the Triennial Convention (175 delegates) and annual President’s Conference. Branch Presidents were usually the Congress delegate so one day is being devoted to a Branch President’s meeting. The “Congress”, to be held during June each year, shall consist of a single delegate from each branch (Branch President) and the National Board of Directors. A branch could send an observer at their expense. So, Nanaimo Branch has one delegate with two votes. The NBOD shall consist of a President & 3 Vice-Presidents (elected at Congresses to 3-year terms), a Past President, and one National Director elected in each province. Regional Services Officers (RSO) and Provincial Advocacy Officers (PAO) shall form the administrative team assigned to each province. All proceedings shall be governed by a weighted voting system where each Branch delegate has 1 to 15 votes ($\leq 1,125$ members = 1 vote; 1,126 to 2,250 members = 2 votes; 2,251 to 4,000 members = 3 votes; add 1 vote for each additional 2,000 members). Our branch has strongly opposed this and advocated for a “one branch one vote” policy. A small increase in fees was also approved for 2008, 2009, and 2010.

Our law suit against the Harper Government went to trial during the spring. FSNA was attempting to force the federal government to return the \$28B that they removed from the Superannuation Account with parliaments passage of Bill C-78. We argued that the government had a fiduciary duty to members of the pension plan to use these amounts for the benefit of the contributors. In November 2007, the Ontario Supreme Court ruled that the government had complied with all its public duties under the PSSA. There was no effect on the obligations of the government when they amortized the “surplus” by booking it in its fiscal framework. There is no “Trust” relationship between the government and members of the Public Service Superannuation Plan. In other words, the Superannuation Account is an accounting ledger and not a trust fund or real account.

2008

Our Branch Management Committee met at Lantzville's St. Phillips by the Sea church on January 17th, February 21st, March 20th, April 17th, May 15th, June 12th, September 11th, October 16th and November 13th of 2008. Nanaimo Branch had annual revenues of \$12,413 from membership fees; and an approved budget of \$12,402 of which only \$9,180 was spent. Our Secretary, Cathey Hoogerbrug, resigned and we were without a permanent Newsletter editor during 2008. Al Heinrich, Vic Ashdown, Pat Mason, and Doris Grieves helped fill these positions. Last year's recruitment & membership drive helped Nanaimo Branch grow from 1,760 to 1,857 members during 2008. Canada's CPI increases raised pensions 1.8% at the start of 2008.

Serving on the Executive for 2008 were:

President	Al Heinrich
Past President	Bob Hoogerbrug
Vice President	Rene Marchand
Secretary	Vacant part of the year
Treasurer	Marg Mostowy
Membership director	Vic Ashdown
Newsletter Editor	Vacant
Directors	Susanne Body, Barb Campbell, Doris Grieves, Pat Mason, Al McWhinnie, Rick Neugebauer, Charles Scrivener.

The AGM and luncheon was held on March 27th at the Mt. Benson Legion in Nanaimo (112 attended). GMs and luncheons were held on June 19th at the Bayside in Parksville, September 19th at the Best Western Barclay, Port Alberni (70 attended) and November 20th at the Mt. Benson Legion in Nanaimo (148 attended).

Award Certificates for 5-years of volunteer service were presented to members of the Branch Management Committee John Ablett, Barb Campbell, Doris Grieves, Pat Mason & Maureen Stapleton, and phone volunteers Katherine Garbutt, Mary Stoner & Anne Thomas. A volunteer's luncheon was held at the Nanaimo Golf Club on December 4th. One of our Branch members, Dr. Bob Kabata, received the "Order of Canada" in recognition of his life-time scientific contributions to our knowledge of fish parasites.

A "Training Session" was held November 27th in Duncan for 30 Branch executive members from B.C. Coastal Island Region. The roles of National Officers were explained (RSOs PAOs) and Health and Benefits issues were discussed.

Congress 2008 was the inaugural "congress", it was held July 7 to 9th, 2008 at The Crown Plaza in Ottawa and it was attended by our branch President Al Heinrich. The major issues of discussion were the By-laws and Regulations. New By-laws were approved and sent to Industry Canada for legal review.

2009

Our Branch Management Committee met at Lantzville's St. Phillips by the Sea church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had increasing annual revenues of \$13,426 from membership fees; and an approved budget of \$13,423 of which only \$11,400 was spent. Membership in Branch BC05 remained ~1,850 members during 2009. Pensions were increased 2.5% during January 2009.

Serving on the Executive for 2009 were:

President	Al Heinrich
Past President	Bob Hoogerbrug
Vice President	Rene Marchand
Secretary	Penny Kanigan
Treasurer	Marg Mostowy
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Susanne Body, Barb Campbell, Doris Grieves, Pat Mason, Rick Neugebauer, Al Tully, Charles Scrivener.

The AGM and luncheon was held on March 26th at Mt. Benson Legion in Nanaimo (150 attended). GMs and luncheons were held June 18th at Bayside, Parksville (112 attended), September 17th at Best Western Barclay Hotel, Port Alberni (only 61 attended), and November 19th at Mt. Benson Legion, Nanaimo (161 attended). A "Training Session" for Branch phoners was held February 12th in Nanaimo at which two thirds attended.

Award Certificates for 5-years of volunteer service were presented to Susanne Body (registration director), Barrie Bonfield (phone Captain), and June Wiebe (phoner) by Al Heinrich. Clifford Walker (former director & phoner) received his award posthumously. The December 3rd volunteer's luncheon was held again at the Nanaimo Golf Club.

Ian Williams began editing the Newsletter and its format was changed to include more photos and colour enhancements. We had been without an editor for a year. Quarterly newsletters for March, June, August and October continued, but most members received it by E-mail. This saved the Branch \$4.00 per household in mailing costs.

Regional meetings of branch presidents were held in Duncan this year. Our Branch was represented by Al and Bob on January 10th, by Bob on May 25th and by Al and Rene on November 4th. By-law and administrative changes for "Congress 2009" were discussed and a unified regional position established. The major issue for the Congress, held June 20th to 22nd in Ottawa, was "One Branch One Vote" policy that had been changed during Convention 2007. A revised set of By-laws and Regulations were approved that maintained the "weighted voting" formula and they were sent to Industry Canada for legal approval. Al Heinrich represented Branch BC05 at "Congress 2009". The primary function for FSNA was established as an advocacy role for its members.

2010

Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$13,197 from membership dues; an approved budget of \$12,508; and actual expenditures of \$12,783. Branch membership rose to 1,914 members during 2010. Pensions were increased 0.5% in January 2010 using Stats Canada's CPI numbers.

Serving on the Executive for 2010 were:

President	Al Heinrich
Past President	Bob Hoogerbrug
Vice President	Rene Marchand
Secretary	Penny Kanigan
Treasurer	Marg Mostowy
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Susanne Body, Barb Campbell, Doris Grieves, Pat Mason, Rick Neugebauer, Al Tully, Charles Scrivener, Ken Jones.

Our president Al Heinrich resigned at the end of June to assume B.C.'s Provincial Advocacy Officer and "Coast Island Region" Regional Services Officer positions.

The AGM and luncheon was held on March 25th at the Mt. Benson Legion in Nanaimo (126 attended). GMs and luncheons were held June 17th at the Bayside Quality Inn, Parksville (>150), September 25th at Tigh-Na-Mara Resort, Parksville (163 attended) and November 25th at the Grand Hotel, Nanaimo with 170 members in attendance.

During 2010, Award Certificates for Five-years of Service were granted to twelve Branch members. Al Heinrich (former Branch President) and Juanita Wilkins (phoner) were presented with their certificates at the AGM on March 25th. Phoners - Shirley Martin, Allen Ritchie and Raymond Sjostrom received their awards June 17th, while Margie Foulger received her award September 25th, and Dorothy Cooper and Nora Fee on November 25th during the GMs. Vera MacKay (phoner) received her award at the December Volunteer's luncheon. Deborah Lauzon and Joan Rowntree (phoners) received their certificates during 2011. Olive Alcock (phoner) received her award posthumously. The Volunteer Appreciation Luncheon was held December 9th at the Nanaimo Golf and Country Club.

Regional meetings of branch presidents were held January 25th in Duncan, May 5-6th in Richmond and November 24th in Duncan. Al and Rene represented our Branch at the Duncan meetings where a unified position was established on proposed By-law changes for Congress 2010. Rene and Rick attended the Richmond meeting where Health and PSHCP benefits were explained and discussed. "Congress 2010" was attended by Al Heinrich (delegate) and Rene Marchand (observer). It was held in Halifax during June 15th to 17th, 2010, where significant By-law changes were approved.

2011

Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$12,345 from membership fees and bank interest; an approved budget of \$12,510; and expenditures of \$15,110. Expenditures went over-budget because larger more expensive venues were required for Branch GMs. Branch membership rose to 1,939 members during 2011. Pensions were increased 1.4% during January 2011.

Serving on the Executive for 2011 were:

President	Rene Marchand
Past President	Bob Hoogerbrug
Vice President	Vacant
Secretary	Penny Kanigan
Treasurer	Ken Jones
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Susanne Body, Doris Grieves, Florence Milburn, Rick Neugebauer Al Tully, Charles Scrivener, Bob Willis, Leroy Wood.

Marg Mostowy, former President, Vice-president & Treasurer, Pat Mason, former Director, and Barb Campbell, former Director & phone-captain retired during 2011 after many years of service to the Nanaimo Branch.

The AGM and luncheon was held on March 24th at the Coast Bastion Hotel in Nanaimo with 139 members attending. GMs and luncheons were held June 16th at Bayside Quality Inn, Parksville (194 attended), September 22nd at Tigh-Na-Mara Resort, Parksville (182 attended), and Friday, Nov. 25th at the Coast Bastion Hotel, Nanaimo (200 attended).

During 2011, 5-year Service Awards and a free luncheon were granted to Ten Branch members. Anne Gibson (phoner) received her certificate and luncheon during November 2010. Ann Elphick (Phone-Captain), Jim Gahr (director) and phoners Thelma Hopkins, Florence Milburn, James Purdon, Isabell Ryan, Jean Wood, Ruth Winkelmann and Anne Slykerman were given their awards and luncheons at the March AGM or other 2011 GMs. Marg Mostowy was granted a "Life Membership". After 2011, Branch Bylaws would not permit granting of a "Life Membership".

B.C. FSNA members were strong advocates during the federal election in May 2011. Contacts were organized in 34 of B.C.'s 37 federal ridings. Of the 66 candidate meetings organized nationally 26 were in B.C. ridings.

B.C. Tri-Regional Conference was held September 12th & 13th in Victoria. Our delegates discussed advocacy policy and the latest By-law changes needed to conform with the "Not for Profit Corporations Act" which was passed by parliament to put non-profits on a corporate governance basis. Rene Marchand was the Nanaimo delegate at Congress 2011 in Ottawa June 26th to 28th. Priorities, organization, structure and the future were topics.

2012

Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$13,380 from membership dues; and an approved budget of \$13,500 of which \$13,298 was spent. Branch membership declined to 1,903 members during 2012. Our numbers appeared to "plateau" at just under 2,000 members. Pensions were increased 2.8% in January 2012 using the October to September increase of Canada's CPI from the previous year.

Serving on the Executive for 2012 were:

President	Rene Marchand
Past President	Al Heinrich
Vice President	Bob Willis
Secretary	Penny Kanigan
Treasurer	Ken Jones
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Susanne Body, Doris Grieves, Bob Hoogerbrug, Charles Scrivener Al Tully, Leroy Wood.

Our Branch's Past President, Al Heinrich, became Regional Director on FSNA's Board of Directors. Rene Marchand resigned as President during August, for health reasons, and the president's duties were assumed by Bob Willis.

The AGM and luncheon was held on March 22nd at the Grand Hotel in Nanaimo (160 attended). Dennis Jackson, FSNA past president, spoke about FSNA's history and the superannuation plans. GMs and luncheons were held June 21st at Bayside Quality Inn, Parksville (148 attended), September 20th at Tigh-Na-Mara Resort in Parksville and November 22nd at the Tigh-Na-Mara Resort in Parksville (229 attended). At the June GM, Renate Sutherland of SOS spoke about services available to seniors in the Parksville/Qualicum Health District. At the September GM, Alan Perry talked about driving and seniors' safety. Debbie Ribeyre talked about "Getting Acquainted with Dementia" at our November meeting. 60% of phoners attended a "Training Session" February 15th at the Legion 257 Hall in Lantzville.



The November GM and Christmas turkey luncheon is now being attended by ≥ 200 members

Award Certificates for 5-years of volunteer service to our Branch and a free luncheon were granted to five members during 2012. Patrica L. Ablett, Jean N. Allen, Frances M. Graham, and Viola P.A. Muskett (all Phoners) were presented with their certificates by Rene Marchand during the AGM on March 22nd. Joan F. Fulton (Phoner) received her certificate during 2013. The “Volunteer Appreciation” luncheon was held May 10th at the Cavallotti Hall in Nanaimo.

Tri-Regional Focus Sessions were held in Chilliwack May 15-16th and September 28-29th. Presidents from 15 of B.C.’s Branches attended. National By-law changes were proposed, reviewed and drafted so that they do not conflict with the new “Not for Profit Corporations Act” under which FSNA would be incorporated. Our By-laws must conform to this new Act by October 17th, 2014. Previously, FSNA was a “Corporation” overseen by Industry Canada.

Congress 2012 was held June 27th & 28th in Edmonton. Rene Marchant attended as our delegate. The electronic voting system did not work so the old paper ballot and paddle system had to be resurrected. Topics discussed were the associations future and “mission”, the Health Plan negotiations, and the pension plans. The RCMP and Veterans Superannuation Accounts are under government scrutiny.

The court case concerning Bill C-78 and the governments removal of \$28B from the Superannuation Account was argued before the Supreme Court of Canada. In December 2012, it released a judgement that dismissed our case and upheld the rulings of the lower courts. The Superannuation Account is “a legislated record” which “does not contain assets”. Since 1999, Public Service pension premiums have been invested in the financial markets, but Plan members have NO rights to any surpluses in the pension account, but only to the defined benefits of the Plan.

2013

Nanaimo Branch and the National Office celebrated FSNA's 50th anniversary during 2013. Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$13,051 from membership fees; and an approved budget of \$14,950 that was all spent. Branch membership rose to 1,980 members during 2013. Pensions were increased 1.9% in January 2013 using the increase of Canada's CPI between October and September of the previous year.

Serving on the Executive for 2013 were:

President	Bob Willis
Past President	Bob Hoogerbrug
Vice President	Vacant
Secretary	Penny Kanigan
Treasurer	Ken Jones
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Barrie Bonfield, Susanne Body, Jim Gahr, Fran Graham, Charles Scrivener, Al Tully Leroy Wood .

Our Membership Secretary, Doris Grieves, passed away suddenly during January 2013.

The AGM and luncheon was held March 28th at the Coast Bastion Inn in Nanaimo with 127 members in attendance. Mr. Neden, Arrowsmith Search and Rescue, spoke about "Project Lifesaver" (wristwatch sized transmitters). GMs and luncheons were held June 27th at the Bayside Quality Inn in Parksville (163 attended), September 19th at the Tigh-Na-Mara Resort in Parksville (158 attended) and November 21st at the Tigh-Na-Mara Resort in Parksville (213 attended). At the June GM, Penny and Ken (Branch Officers) talked safety of travel documents and "dealing with bureaucracy from afar". At the September GM, Thomas M^{ac}Lean talked about travel tours available from Collette Vacations. At the November GM, Martin Nicholls talked about warning signs of fraud, investment risks, and registered investment advisors. On February 28th, a training meeting and luncheon was held for 48 Branch phoners at the Lantzville Legion Hall.

During 2013, the Nanaimo Branch Executive began to review and revise Branch By-laws and Procedures so that they would conformed with the new National By-laws approved June 18-20th in Ottawa. The National Office provided a template for Branches to use during the revision process.

In recognition of our member's service to Branch BC05, we awarded 5-Year Certificates-of-Service and a free luncheon to three members during 2013. Carolyn Fyfe and Alvin Solmie (both Phoners since 2007) were presented with their certificates by Bob Willis during the AGM, March 28th. Ruth Buchanan (Phoner since January 2008) received her

certificate at the Volunteer Luncheon, May 13th. No Long-service Awards were granted for 2013. The Volunteer Appreciation luncheon was held May 13th at the Bayside Quality Inn in Parksville and 70 volunteers attended.



Our many Volunteers are very important to Nanaimo Branch

Tri-Regional sessions were held in Chilliwack May 15th and September 25-26th. Bob Willis, Ken Jones, Penny Kanigan and Vic Ashdown attended the 1st session which dealt with training of Branch executives (data bases, national updates). Bob and Ken attended the 2nd session which dealt with By-law Committee reports and the Not for Profit Corporations Act.

The 50th Anniversary “National Congress” was held June 18-20th in Ottawa and was attended by Bob Willis (delegate) and Al Heinrich (B.C. Regional Director). A proposal for a name change from FSNA to National Association of Federal Retirees (NAFR) was drafted. B.C. was divided into Six Regions and given Two Directors on the National Board (NBD). The Association now has three membership classes: general members, Branch presidents and NBD members. Thus a 60% majority from these three groups are necessary to make changes to the corporation and this conforms to the new “Not for Profit Corporations Act” provisions.



Before the meeting, Branch President Bob Willis cuts the Anniversary cake while the Executive looks on.

2014

Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$13,172 from membership fees; and an approved budget of \$17,404 of which \$15,590 was spent. Branch membership increased to 1,996 members by the end of 2014. Pensions were increased 0.9% in January 2014 based on the October to September increase of Canada's CPI from the previous year.

Serving on the Executive for 2014 were:

President	Bob Willis
Past President	Bob Hoogerbrug
Vice President	Ken Jones
Secretary	Penny Kanigan
Treasurer	Ken Jones
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Barrie Bonfield, Jim Gahr, Fran Graham, Bob McDonald, Rick Roberts, Charles Scrivener, Al Tully, Sharon Whalen.

The Branch AGM and luncheon was held on March 27th at the Coast Bastion Inn in Nanaimo with 186 members in attendance. Dr. Dale Bent spoke about "Elder College Programs". GMs and luncheons were held June 19th at the Bayside Quality Inn in Parksville (157 attended), September 25th at the Tigh-Na-Mara Resort in Parksville (184 attended), and November 20th at the Tigh-Na-Mara Resort in Parksville (205 attended). At the June GM, Lisa Leger from Pharmasave spoke of "A Sensible Look at Natural Medicine". At the September GM, Bruce Soloway presented information about British Columbia's changes to the "Wills, Estates, and Succession Act". Lynne M^{ac}Fadgen talked about "Healthy Aging" at the November meeting.

A national "Webinar" was held November 24th and Branch Directors gathered in Bob Willis's home to discuss, on-line, Branch By-law changes. After further revisions, the new By-Laws, Policies and Procedures of the Nanaimo Branch were accepted by the Branch Executive at the December 18th meeting and passed to Ottawa for review.

During 2014, 5-year Service Awards and a free luncheon were granted to eight Branch members. Rene Marchand and Ian Williams (Branch Executive members from 2008) were presented with their Award Certificates by Bob Willis at the AGM on March 27th. Barb Williams (Phoner-Captain); and June Hansen, Irene Hinder, Beverly McKernan and Judith Southern (all Phoners since 2008) also received their certificates at the AGM. Because of illness, Al Tully (Executive member from 2008), was unable to receive his Award until the 2015 AGM.

For the first time in many years, Long-Service Awards were presented to Two couples in Branch BC05. Bob and Cathey Hoogerbrug have served the Branch in many capacities since the year 2000 (Branch President, Vice-President, Secretary, Past-President, Director, Committee members, Phoner-Captain, and Phoner). Bob Willis presented their awards during the AGM. Dunc and Lute Dunsmore have also served our Branch in many capacities between 1990 and 2009 (National Director, Branch President, Branch Executive member, Committees, Phoner). They received their awards during the June 19th GM. The Volunteer Appreciation luncheon was held May 12th in Nanaimo.



Cathey & Bob Hoogerbrug



Lute & Dunc Dunsmore

An Island Region's Branch President meeting was held in Duncan during April, and a B.C. Tri-Regional President's Conference was held October 28-30th in Chilliwack. We were represented by Bob, Ken, Fran and Vic. Most recent By-law amendments, action on the Canada Health Accord, Advocacy and CRM data-base software were discussed.

This was a big year for FSNA nationally. An AGM was held in Montreal, June 25th to 27th and Bob Willis and Ken Jones attended as Branch representatives. Our name was changed from FSNA to "National Association of Federal Retirees" (NAFR) and the colours of our logo "enhanced". National By-laws & Procedures were finalized so that a "Certificate-of-Compliance" with the Not-for-Profit Corporations Act could be obtained before October 17th, 2014 from Industry Canada. Our annual meeting is no longer a "Congress" but a "Annual Membership Meeting" (AMM).

A dispute developed with the "Harper" government when they "nullified" our signed PSHCP contract. PSHCP now covers only 50% of medication costs and Plan premiums changed from a 75/25 to a 50/50 cost sharing basis beginning April 1st, 2015. Coverage was expanded to include part of Laser eye surgery, CPAP, and Psychological service costs. The dispute has led to another law suit against the federal government.

The national newsletter "ON GUARD" was replaced by "SAGE" with a new glossy magazine format. Sage is published four times each year.

2015

Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$14,097 from membership fees; and an approved budget of \$19,105 of which \$18,960 was spent. Branch membership declined to 1,979 members during 2015 because of the many deaths. Pensions were increased 1.7% in January 2015 using the October to September increase of Canada's CPI from the previous year.

Serving on the Executive for 2015 were:

President	Bob Willis
Past President	Bob Hoogerbrug
Vice President	Ken Jones
Secretary	Penny Kanigan
Treasurer	Margie Dunsmore
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Jim Gahr, Andy Gilman, Fran, Graham Ray Lauzier, Marian Pickton, Rick Roberts, Charles Scrivener, Jo-Anne Tremblay, Sharon Whalen.

In August, Bob Willis accepted the PAO position for B.C. so he resigned as Branch President. Ray Lauzier, our Advocacy Director, passed away in Ontario while attending a Conference during August 2015. A dispute between the Branch Executive and National Office has been developing over their attempts to "repatriate surplus funds".

Award Certificates for 5-years of volunteer service were presented to Penny Kanigan (Branch Secretary) and phoners Rowena McPhee and June Tysowski by Bob Willis at the June 18th GM. Carol Chilton declined the recognition. The Volunteer Appreciation luncheon was held May 11th at the Legion 257 Hall in Lantzville (63 attended).

Branch BC05 relies heavily on 75-85 Phone Captains and Phoners to contact, to ask questions, and to invite every member to meetings four times each year.



2015 Phone Captains (Left to Right): Judy Southern, Marion Rivers, Anne Elphick, Marjorie Rose, Barb Williams, Marian Pickton (Director-of-phoners), Michelle Ashdown. Missing from the photo are Bertha Nixon and Margie Pierce.

The AGM and luncheon held on March 26th at the Tigh-Na-Mara Resort in Parksville was attended by 144 members. The June 18th GM was held at the Cavallotti Hall in Nanaimo (147 attended) where Kevin Holt of Assurance Life Canada spoke about inheritance, money, funerals and property. The November 19th GM was held at the Tigh-Na-Mara Resort in Parksville (130 attended). Our guest speaker, Matt Breedlove described “attitude” as our most asset when confronting adversity and overcoming obstacles in our lives. The September 24th GM was cancelled.

A federal election was called for October 19th, 2015 so we launched our “Honour Your Promise” campaign and planned a “Town Hall” meeting in September for all candidates in two federal ridings. The sudden death of Ray Lauzier during August forced the cancellation of many of our plans for the election.

The 2-year long revision of By-laws, Policies, and Procedures of the Nanaimo Branch were approved by the Branch Executive, 2015 Branch AGM, National Office, and National Board of Directors. Our Branch By-laws now conform with the National By-laws and the Not for Profit Corporations Act.

A BC/YT District Training Conference was held May 19-21st in Chilliwack where our Branch was represented by Ken, Bob, Ray Lauzier and Sharon Whalen. Action on the Canada Health Accord, our legal challenge to PSHCP changes, CRM data-base software, Advocacy Plans, the roles of PAOs & RSOs, the June AMM, and Branch “Preferred Partners” were presented and discussed. The “Preferred Partners” that were signed with individual Branches have now been taken-over by the National Office.

During 2015, national training and communication were conducted through “Webinars” where members gathered locally around a computer that was connected to the National Office. Each Webinar lasted a few hours with specific topics. One dealt with the proposed strategic plan another with web-page and data-base software. During February, NAFR filed a “Notice of Application” with the Federal Court claiming that the Federal Government’s actions regarding the PSHCP were unlawful.

The Annual Members Meeting (AMM) was held June 23rd to 26th in Ottawa and attended by Bob Willis (PAO), Ken Jones (delegate) and Ray Lauzier (observer). Approval was granted to purchase a new National Office. Later in the year, a 15,000 ft² building was purchased for \$2. 3M and the old building was placed on the market. The proposed Strategic Plan that would centralize our organization and greatly increase dues was rejected by the delegates. This led to the resignation of our National President, Vice-president and CEO.

The Central Island Regional Meeting was held July 27th in Duncan. Bob Willis chaired the meeting; and Ken Jones, Ray Lauzier and Charles Scrivener represented Nanaimo Branch. The June AMM and resulting resignations, federal election preparations, and post-election strategies were discussed.

2016

Our Branch Executive Committee met at Lantzville's St. Phillips by the Sea Church on the 2nd or 3rd Thursday of each month (except July & August). Nanaimo Branch had annual revenues of \$11,960 from membership fees; and an approved budget of \$23,210 of which \$15,645 was spent. During 2016, Branch membership declined to 1,921 members (1,280 retirees & 641 spouses) because of member's deaths. Recruitment has declined recently because Public Service Retirement Seminars, which we attended, are no longer provided by the departments. Pensions were increased 1.3% in January 2016 using the October to September increase of Canada's CPI from the previous year.

Serving on the Executive for 2016 were:

President	Ken Jones
Past President	Bob Willis
Vice President	Sharon Whalen
Secretary	revolving directors
Treasurer	Margie Dunsmore
Membership director	Vic Ashdown
Newsletter Editor	Ian Williams
Directors	Jim, Gahr, Andy Gilman, Fran Graham, Marian Pickton, Rick Roberts, Charles Scrivener, Penny Kanigan, Jo-Anne Tremblay.

Long-time Branch President, Past-President and Director on the Branch Executive, Bob Hoogerbrug, retired during 2016. We thanked him for his many years of service. The Branch Executive has allocated cash to special use Funds and reduced funds to less than 1-years reserve so no "surplus funds" can be identified for "repatriation" to the National Association as required by the Not for Profit Corporation Act.

The AGM and luncheon held on March 24th at the Tigh-Na-Mara Resort in Parksville was attended by 138 members. A 2016 budget of \$23,210 and minor changes to Bylaws, Policies, and Procedures of the Nanaimo Branch that were recommended by the National Board of Directors were accepted at the meeting. To reduce meal costs to members, GMs were held June 23rd (breakfast, 88 attended) and September 22nd (soup & sandwich, 102 attended) at the Coast Bastion in Nanaimo. These formats resulted in reduced attendance. During the June GM, Sally Thompson spoke about Hearing Life Canada (a NAFR preferred partner). During the September GM, Isobel M^{ac}Kenzie, Provincial Seniors Advocate, talked about her 20-year experiences with seniors. The November 24th GM served the usual turkey buffet at the Tigh-Na-Mara Resort (146 attended). The Branch now maintains an updated inventory of lanyard name tags (mounted in clear vinyl casings) that are distributed before and recovered after each meeting.



Al Heinrich honored as
Retired National Director
& Branch President



146 members attended our November 24th GM, down from previous years

During 2016, Award Certificates for 5-years of volunteer service were presented to members of the Branch Executive, Ken Jones and Sharon Whalen, and phoners Joyce Luecke and Eileen Setter by Ken Jones at GMs. The Volunteer Appreciation luncheon was held May 12th at the 256 Legion Hall in Nanaimo (63 attended).

A BC/YT District Training Conference was held May 25-27th in Chilliwack where our Branch was represented by Ken Jones, Ian Williams and Sharon Whalen. Action on the Canada Health Accord, our legal challenge to PSHCP changes, CRM data-base software, Advocacy Plans, the roles of PAOs & RSOs, the June AMM, and Branch “Preferred Partners” were presented and discussed.

The Annual Members Meeting (AMM) was held June 15 to 17th 2016 in Ottawa and attended by Bob Willis (PAO), Ken Jones (delegate), and Rick Roberts (observer). A revised Strategic Plan for 2017 to 2019 that further centralized our organization and revised fee structure were accepted by the delegates (our Branch did not approve). During 2017, our annual dues have increased from \$39.84 to \$47.76 for singles and from \$51.72 to \$62.04 for doubles. Smaller increases will occur during 2018 and 2019.

The Island Regional Meeting was held October 17th in Duncan. Ken Jones, Fran Graham and Jim Gahr attended from Nanaimo Branch. Topics discussed were advocacy, recruitment of new members, retaining our volunteers, and their training needs.

During 2016, much national training and communications were conducted through “Webinars” and “Teleconferences”. A new Training Development Officer was hired to develop “E-learning-tutorials” (available on line) and “Volunteer Webcasts”. Some were available at ww1.webcastcanada.ca/nafr (1-2 hours in length). Two of these concerned the “New Strategic Plan”, after defeat of the one proposed at the 2015 AMM, and the “New Fee Increase”. Others are now in the development stage.