

National Association of Federal Retirees

August Newsletter

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

August 2022
Tel: (250) 248-7171



November 28, 2019 Meeting at the Nanaimo Golf Club, 119 attendees.

Next Meeting - General Meeting. This will be an in-person meeting.

Date/Time: Thursday, September 22, 2022 Doors open 10:00 AM, Meeting starts 1100 AM.

Location: Nanaimo Golf Club, 2800 Highland Blvd, Nanaimo BC V9S 3N8

Directions: There is NO direct access to Highland Blvd if you are traveling north on Island Highway. You MUST turn right onto Departure Bay Road, left onto Montrose Ave, and right again onto Highland Blvd to the club. If you are traveling south on Island Highway, turn left onto Highland Blvd (the turn for Dorman Rd is on the right) and then, at the first driveway on the left, turn into the club.

Business Meeting: 11:00-12:00

Presentation: 12:15 - 12:45 - **Barney Ellis-Perry**, Nanaimo Hospital Foundation.

Luncheon - Buffet: Warm Garlic Bread, Selection of Cheeses, Pickles & Olives, Mixed Greens tossed in Olive Oil & Balsamic Reduction, topped with Pumpkin Seeds & Dried Cranberries, Traditional Greek Salad, Curried Quinoa Salad with Dried Fruits & Roasted Nuts, Roasted chicken with bacon thyme demi, Penne with marinara, roasted Mushrooms & Shaved Parmesan Cheese, Assorted Dessert Squares & Fresh Fruit, Freshly-Brewed Wildwood Coffee & 4 O'Clock Teas

Note: Pre-meeting coffee not included. To defer the cost to the branch please donate a \$1.00 for your coffee.

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, September 18, 2022.** Name Tags will be available at the door for all members attending the September GM and luncheon.

Remember to leave them at the door when you leave after the meeting/luncheon. If your name tag from the last meeting had spelling errors, please contact Charles @ 758-2240 or scrivenercharles59@gmail.com.



EVENTS 2022

DATE	EVENT	PLACE	VENUE	Meal	Cost
September 22	General Meeting	Nanaimo	Golf Club	Buffet - Chicken	\$35
November 24	General Meeting	Parksville	Tigh-Na-Mara	Buffet - Turkey	\$32

President's Report

I hope everyone has had a good summer despite COVID still hanging around...not sure we will ever see the end of it. Most of my report will briefly outline some of the discussion had at our District Meeting in Abbotsford in May and our All Members Meeting in Gatineau in June. At Abbotsford I was accompanied by Vice President Christine Walker and Advocacy Director Marg Smith and in Gatineau by Christine.



A summary:

National Elections: New National President Roy Goodall, new B.C. Director Michael Joliicoeur from Victoria.

Finances: the organization is in good shape financially. The National Office has budgeted a \$700,000 deficit for this year but they feel there is enough contingency that this amount will be eliminated by the end of the year.

Proposal: all passed without controversy including one for a study to examine whether Branches can have more flexibility in their spending criteria.

President's Forum: most Branches listed advocacy and communications as their priorities with some listing survival. Concerns identified include difficulty in recruiting volunteers, problems with National communications particularly the website and difficulty in assessing the need and wants of the newly retired.

Other: much discussion on the "Gold Digger Clause" which states if the pensioner gets married after retirement the new husband/wife would not be allowed to share in the benefits after the Pensioners death. Also NAFR's 60th anniversary next year and the development and presentation of retirement seminars.

Next Years AMM will once again be in Gatineau.

I think everyone has seen the positive changes negotiated for our extended health plan. NAFR represented all retirees on this three person negotiating Committee. If you have not read it,

please do so as I think that you will be pleased. We are just now waiting for final Treasury Board approval.

I hope to see many of you at our September General Meeting being held at the Nanaimo Golf Club September 22nd-more details available elsewhere in this Newsletter.

And in closing, our thoughts and prayers continue for our Vice President Christine Walker whose husband died suddenly in June of this year. Just shows you that life can change in an instant so grab hold and live every day to the fullest.

Highlights from Minutes of the May 4, 2022 General meeting.

Penny Kanigan reported the 2019 Financial Review was done by Linda Cant and Linda Wiltse in Feb. 2020 and received a 'nicely done' commendation from NHQ.

The 2021 Financial Review was done by **Margaret and William Smith**. It has been forwarded to NHQ, no feedback received as yet.

Vic Ashdown was acknowledged for his service in Membership, including Branch Database management.

Andy Gilman said that we had a few copies of "You and Your Survivors" available, but also available on-line. The new **BC Senior's Guide** is out in print and is also on-line.

Marg Smith, chair of Advocacy committee thanked the committee of **Christine, Charles, Mike and Ken Chipeniuk**. She also needs volunteers to help at activities and functions. The MP's were in sync with our priorities and she feels we have good communication links with them. They will be looking at Provincial issues such as long term care and housing.

Elisabeth Clarke-Gilman announced the winners of our in-house draw while president Rick held the microphone.



President Rick presented 4 members with 5 year service awards



President Rick Presented 5 year service awards to Sheila Wilson, Mike Wansink, Judy Person, Bill McCullough. Helen Hewitt was not present at the general meeting

Guest Speaker - Constable Gary OBrien

Constable O'Brien talked about "Frauds and Scams" and it was a topic much on everyone's mind. He stated that there were many scams and that the Millennials, age 18-35, were the most targeted, however it was those 50+ who were scammed of the most money. Less



than 5% of scams are reported. Many are romance or CRA related. Call 1-888-495-8501 to report scams to the Canadian Anti-Fraud Centre. Check your reports on Equifax or Trans Union.

Volunteer Luncheon

About 30 volunteers were treated to lunch at the volunteer luncheon held in the Parksville Legion on May 25th 2022



Helen Hewitt (right) received her 5 year service award from Vice President **Christine Walker**

Attendance At Meetings

We are having an issue with some people telling our telephone callers that they'll attend a meeting/lunch and then not showing up. Since we've already committed with the venue for the expected number of meals, it means we have to pay for that number of meals. If you are uncertain whether or not you can attend, please tell your telephone person "maybe". If you say "yes" and then realize at a later date that you can't attend, please phone Jim Gahr at 250-585-3125 before the day of the meeting. Those who say "yes" and then don't attend or cancel by phone could be billed for their meal(s). If you said "no" or "maybe" and then decide to attend on the day of the meeting, you are welcome to come and register at the door.

Tickets Please

In an effort to get correct numbers for meal payment at our meetings, we will now provide you with a meal ticket when you pay at the registration desk. This ticket will be collected at the buffet table when you go up for your meal.

Phone Numbers Please

We're having problems reaching some of you when we're phoning about meetings. Has your phone number changed since you registered with us? Changed your land line to a cell phone? If so, please email Vic Ashdown at ashdown@shaw.ca and provide your correct number.

Our grand business in life is not to see what lies dimly at a distance, but to do what clearly lies at hand.
Thomas Carlyle (1795-1881)

AMM Observer Report - June 20 - 24, 2022

Christine Walker, Vice-President Branch 05

Thank you for providing me the opportunity to attend the 2022 Annual Meeting of Members held in Ottawa from June 21 to 23, 2022. I appreciated being sent there as an Observer from this branch having recently been elected to the position of Vice-President.

Anthony Pizzino, National CEO, provided a comprehensive report and reiterated the following Strategic Plan goals set out until June 2024:

1. To advocate in the best interest of our members and seek to be recognized as a respected national voice supporting secure, healthy and dignified retirement for federal retirees and all Canadians;
2. To promote membership retention and growth;
3. To pursue organizational excellence at all levels of the Association.

The main theme of the meeting appeared to be focused on engaging all Branches in recruitment, growth, and advocacy of our membership. National was eager to hear about strategies used all across Canada that had kept us strong despite the effects of Covid during these last two years.

Wednesday, June 22nd I attended the panel discussion immediately following that forum which showcased strategies used by various branches across Canada to engage and retain our membership. Based on what I heard, I feel our branch has been successful in our efforts to provide comprehensive service and information to our members.

The afternoon session was a Town Hall where all participants had an opportunity to comment, ask questions, or air concerns affecting our members and the association. I got up and spoke about ways to encourage membership in our association by having information tables and packages available at affiliated public service union triennial conventions. This was met with some negative comments because of how NAFR is perceived, and not endorsed, by the PSAC. I had someone speak to me privately following this session about how they had tried to do something similar in the past, however it was unsuccessful. Personally, I still think we can utilize all available opportunities to provide information to prospective members about the benefits

provided by our association; there is strength in numbers!

Trade show booths were located in the foyer of the meeting area. I managed to pick up information on branch social media management and a useful brochure from Arbor Memorial entitled "87 Decisions Choices and Things to Do" which offers a list of tasks that need attention following a death of a loved one; visit arbormemorial.com for more information or to request the FREE Official Family Registry, a handy 32 page booklet to organize your planning.

That evening Volunteer Awards were given out for 2020 and 2021 in addition to the leadership and branch awards. The final award of the evening was presented to **Jean-Guy Souliere** as the recipient of the "founding fathers?" award; this is a very special one because he was the first person awarded this honour in the association's 59 years of operation.

On Thursday, June 23rd, I participated in the Storytelling for Change, advocacy workshop. This was presented in person (University representative) and via Zoom by **Olivia Chow** on how to motivate people to work for change. The workshop focused on how we can use our own stories to engage others to act by making an emotional connection; the curriculum was adapted from the work of **Dr. Marshall Ganz** of Harvard University by the Institute for Change Leaders at Ryerson University. We used the principles set out in the story of self worksheet, to role play and practice this skill of detailing a challenge you faced; how the choice you made affected you; and, how the outcome made you feel. This workshop gave us a way to emotionally engage others, as a leader, into taking a specific action and convey hope about our future as an association. The session ended with a panel presentation from Parliamentarians on the value of advocacy.

The afternoon session moved on to elections and proposals. (See president's report). Following the afternoon break, we previewed a film by Scott Harper entitled "Golden: The End of Ageism", a very thought provoking film which revealed how prevalent this type of behaviour is in our day-to-day lives. **Jean-Guy Souliere**, outgoing President, provided his closing remarks and thanked everyone for a successful meeting.

Branch Advocacy

Marg Smith, Branch Advocacy Liaison

Federal Retirees advocacy priorities in 2022 continue to focus on retirement security, a national seniors' strategy with a focus on principles and standards for long-term care, veterans' well-being and pharmacare.

Earlier this year, Branch representatives met with our two local Members of Parliament - Nanaimo-Ladysmith MP, **Lisa Marie Barron** (NDP), and Courtenay-Alberni MP, **Gord Johns**.

We are pleased to report that both MPs are aware of our association and support Federal Retirees priorities. We were able to establish a path for further communications with both MPs on issues relevant to our membership.

In May 2022, **Rick Roberts**, **Christine Walker** and **Marg Smith** attended the Federal Retirees BC/Yukon Annual Training Conference in Abbotsford, BC. This was the first in-person BC/YK district training conference since 2019.

One of the highlights of the conference was a presentation on the Future of Long-term Care by the B.C. Seniors Advocate, **Isobel Mackenzie**. A link to the presentation is posted on the Branch's website. You will find useful information on the status of seniors in B.C. and the funding of long-term care facilities. I encourage you to read it.

The Seniors Advocate Office has done considerable research and reporting on long-term care in the province. It's 2020 report, A Billion Reasons to Care, was the first provincial review of the \$1.4 billion-dollar contracted long-term care sector in British Columbia.

The Seniors Advocate Office is currently conducting a province-wide survey of the experiences of over 29,000 residents living in nearly 300 publicly subsidized long-term care homes in B.C. The long-term care quality of life survey looks at topics such as food, safety, comfort, respect and responsiveness of staff, personal relationships, medications and activities. Residents will be interviewed in person and their family members will be able to take part by phone, online or via a written survey. A final report is expected in spring 2023.

Recruitment of volunteer surveyors is ongoing. If you would like to become a surveyor, go to www.surveybcseniors.org/volunteer. Volunteers can ap-

ply online or call the Seniors Advocate Office at 1-877-952-3181.

The Seniors Advocate Office website <https://www.seniorsadvocatebc.ca/> has a wealth of information for seniors, and I encourage you to visit the site.

Another interesting presentation at the conference came from **Ms. Melanie Fenton** from the Aging in Place Research Cluster at the University of British Columbia Okanagan. The UBCO Research Cluster surveyed NAFR members 60 years of age and older from across the country about how older adults in Canada perceive aging in place, and how aging in place might look for them in practical terms.

Aging in place is described as remaining in one's home of choice, safely and comfortably, regardless of age.

Many of the study participants were aware of the concept of aging in place. The vast majority defined remaining in one's own home or community as one grows older as key to their understanding of the concept. The most important factors to still being independent were ranked as: family supports (e.g., close to family), social supports (e.g., social network, friends), the built environment (e.g., accessible housing or transportation), physical supports (e.g., exercise programs), cognitive supports (e.g., education program or resources), and connection with the natural environment.

A link to the presentation, Aging in Place: Reflections from Canadians, can be found at the Aging in Place portal of the University of British Columbia Okanagan at https://aginginplace.ok.ubc.ca/wp-content/uploads/Aging-in-Place-reflections-from-Canadians.-STAKEHOLDERREPORT_final.pdf.



Nanaimo and Area Board



Left to right: Ian Williams, Vic Ashdown, Charles Scrivener, Christine Walker, Rick Roberts, Linda Wiltse, Andy Gilman, Penny Kanigan, Sheila Wilson, Sharon Whalen, Jim Gahr, Fran Graham, Margaret Smith and Bob Willis.

Financial Report August 15 2022 - Penny Kanigan

Our Branch has received the 2nd quarter remittance from the National Office in amount of \$3084.58.

Current chequing account	\$10,384.89
Savings Account	\$ 3,209.20
GIC investments	\$15,855.24

Upcoming expenses:

Newsletter - printing and mailing - approx. \$1000.00

September GM at the Nanaimo Golf Course - previously AGM cost was \$3600+.



**I must be in the autumn of my life
I feel like a pile of wet leaves**

Memory Fading

An elderly couple is worried that they are starting to forget simple things, so they go to a doctor for a checkup.

The doctor looks them over top to bottom but doesn't find anything.

"It seems you two are perfectly fine so all that I can suggest is anytime you want to remember something, simply write it down".

The couple believe that's a great idea and so they go home with renewed confidence.

Later that evening, the couple are watching television and he decides to grab a drink.

"Need anything my dear" he asks?

"Could you grab me some ice cream. Here write it down" she tells him.

"No need my dear, ice cream coming up"!

"Oh, and some chocolate sauce please. Want to write it down"?

"Ice cream with chocolate sauce, got it".

"And a cherry dear" she asks "sure you don't want to write it down"?

"Ice cream with chocolate sauce and a cherry. I've got it, Hun".

The elderly man is gone for 10 minutes and the woman begins to worry. He comes back with scrambled eggs, bacon and orange juice. The woman looks at the food and says

"Oh dear, you forgot the toast"! -Anonymous

Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto the freeway.



Membership Report - Vic Ashdown

As of August 19th, 2022, the Nanaimo and Area Branch had 1724 members comprising 1114 retirees and 610 spouses. Of the 1114 retirees, there are 937 on DDS and 177 pay fees annually to National Office. Since the last Report (April 8th, 2022), the following changes have taken place:

New or Reinstated Members (13)

Brian Forsyth
Richard & Janine Grabowecky
Marion Huck
Donna Murphy & Melvin Purchase
Phyllis Nielsen
Maureen Niven
Tom Pawloski
Brian & Lorna Riddell
Ian & Jaye Salisbury

Transferred In (16)

Sylvie Cote
Donald Ferguson & Madeleine Sands
Tamas Halmosi & Rowena McPhee
Trevor & Susan Holloway
Andrew Lane
Angelika Milne & Barry Borrett
Randolph & Ruby Powers
Clarence Reed
Shane Thomas
Paul Winn & Diana Priestley

Transferred Out (6)

Stephan Bradley
Hazel & Brent Jackson
Albert Kirkley
Tom Price
Brian White

Membership Cancellations (15)

Suzanne Alvarez
Richard Bazille & June Kelly
Price & Lorraine Carson
James Hunter & Jacqueline Larson
Robert Hurst
Joan Jacobson
Fletcher & Lisa Logan
Geraldine McDonald
Don & Cindy McKinnon
Dorothy Walduck

In Memorium

Patricia Byers	Al O'Donnell, survived by wife Kelly McQuillen
Garry Cox	Mitch Plumpton, survived by wife Christine Walker
Harold Goodman	Roy Reber
Rosalind Heritage, survived by husband Dwight	Richard Renaud, survived by wife Doreen
Ronald Legrove, survived by wife Kathleen	Harry Thompson, survived by wife Anne
Margo MacKenzie	John Winkelmann
Robert McKernan, survived by wife Beverley	Ruth Winkelmann
Ken McNicoll (Branch Life Member)	

Federal Retirees National Website

Check out the 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.

**National Association of Federal Retirees
Nanaimo Executive, Directors & Volunteers 2019-2020**

Class	Position	Name	Phone	Email
Executive			Most 250	
Exe	President	Rick Roberts	248-7171	rick.roberts@shaw.ca
Exe	Vice - President	Christine Walker	754-4031	walkershomeemail@gmail.com
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	andygilman48@gmail.com
Director	Advocacy	Marg Smith	586-8690	mrgtmsmth80@gmail.com
Director	Newsletter Editor / Web	Ian Williams	758-0954	ianv.will@gmail.com
Director	Awards/Historian	Charles Scrivener	758-2240	scrivenercharles59@gmail.com
Director	Registration	Jim Gahr	585-3125	heidleberghound@shaw.ca
Director	Program / Speakers	Fran Graham	585-8227	frances41@shaw.ca
Director	Telephone	Linda Wiltse	778-269-0895	lmwiltse2@gmail.com
Director	At- Large			
Coordinators				
Cards	Nanaimo	Sheila Wilson	591-2446	mesheshe@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	Vacant	-	-
Phone Captain	Nanaimo	Linda Wiltse	778-269-0895	lmwiltse2@gmail.com
Phone Captain	Nanaimo	Barb Williams	758-0954	williv@telus.net
Phone Captain	Nanaimo	Vacant		
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	Vacant		
Hospital Visit	Nanaimo	Sheila Wilson	591-2446	mesheshe@shaw.ca