

National Association of Federal Retirees

February Newsletter

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

February 2023
Tel: (250) 248-7171



Next Meeting - Annual General Meeting and Recruitment Meeting.

Date/Time: Thursday, March 23, 2023.

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

Coffee available at 10:00 AM

Location: 256 Legion, 1630 E Wellington Rd Nanaimo

Directions: South on Parkway: left Northfield, right Bowen, left E Wellington rd, Legion on the left. If travelling North on 19: left Jingle Pot Rd, right Westwood Rd, right E Wellington 3 km Legion on left

Business Meeting: 11:00-12:00

Presentation: 12:15 - 12:45 - Andrea Blackman, Nanaimo Affordable Housing

Luncheon: Ham Dinner with scalloped potatoes, vegetables, dessert, coffee and tea. Cost is \$27

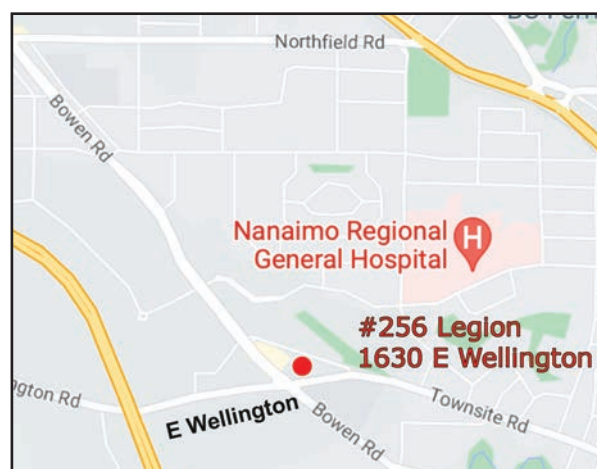
In-House Draw - Tickets \$2 or 3 for \$5. All proceeds to charity. We are also collecting non-perishable food or cash for the local food banks.

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 250-760-2894.** The last date for cancellation to avoid billing is **Sunday, March 19, 2023.**

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.

Name Tags will be available at the door for all members attending the March AGM 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 scrivenecharles59@gmail.com.



EVENTS 2023

DATE	EVENT	PLACE	VENUE	Meal	Cost
March 23	Annual General Meeting	Nanaimo	256 Legion	Ham Dinner	\$27
May 25	Volunteer Luncheon	Parksville	Legion	TBA	N/C
September 28	General Meeting	TBA			
November 23	General Meeting	TBA			

President's Report

Newsletter Spring 2023

I will start this report the same way I started my previous report for the Directors..."I hate February!"..looking back on my life, the majority of negative events have occurred in February...and so to not disappoint this year, I tested positive for COVID at the beginning of the month, and as I write this report, I am still wrestling with a myriad of symptoms...think I will start a petition to eliminate February from the calendar. I guess the good news is when you are reading this...we will probably already be in March or close to it.

Your Directors continue to meet monthly in Lantzville. And we continue to call for more volunteers...your Executive needs help to continue the excellent support that we give our membership. A big thank you to Larry Biccum who has answered the previous call and volunteered to be part of our leadership group....If you could spare any time in order to work with us it would be greatly appreciated.

As Spring begins, District and National meetings are now being scheduled...the District Meeting (B.C.) will be held in Abbotsford May 16th thru 18th with the National All Members Meeting June 20th to 22nd in Gatineau Quebec. Representatives of your Branch will be attending both meetings and will be reporting out on their return.

Your Advocacy Committee has been doing their usual fine work over the last year even garnering a special invitation to Jagmeet Singh's and Gord Johns' local roundtable on Canadian health care issues. My thank to your Advocacy Chair Marg Smith and Past President Bob Willis for attending this session and bringing forward the Federal Retirees advocacy priorities. Marg will have more on this session in her advocacy report later in this newsletter. Our advocacy work is also being recognized nationally as we have been nominated for a national advocacy award.

Hope to see many of you at our Branch AGM on March 23rd ...details in this newsletter. You will hear more of what we are up to at your Branch and



Rick Roberts

have the opportunity to put your name forward as a Director during our elections! And have the opportunity to put your name forward as a Director! (ya I know..I said that twice)

Take care and keep safe everyone and I look forward to marching into March and closing the book on February!

Election Notice

Elections will be held at the AGM, March 23, 2023

Nominations for President and Treasurer will close March 10, 2023.

Directors standing for re-election are Andy Gilman, Marg Smith, Charles Scrivener, Linda Wiltse

We have vacant Director positions and will accept nominations from the floor at the AGM.

We need your help. Contact Bob Willis, Vic Ashdown or Fran Graham if interested. Contact information is on last page.

Highlights from Minutes of the May 04, 2022 Annual General Meeting.

Location: Nanaimo Golf Club

1. President Rick Roberts called the meeting to order at 11:02 a.m.
There were 82 members and spouses in attendance. The Golf Course was paid for 63 meals. 6 of these meals were paid for by the Association for several years of the volunteers being recognized for 5 and 15 years of service. A few meal vouchers remain to be redeemed
2. Rick asked new members to stand and be acknowledged. He emphasized that the Executive were desperately looking for new volunteers as long term members were wanting to retire. People to telephone members regarding meetings, etc. were also needed.
3. The minutes from the April 29, 2001 AGM, held via Zoom had been shown on an overhead loop and a paper copy was on each table. Rick moved acceptance, Marion Picton seconded, carried.
4. The agenda was approved.

REPORTS:

1. **PRESIDENT** – Rick Roberts. Our newsletters were a good method of communicating with members during Covid-19 shutdowns. Our Advocacy team met with the 2 MP's in our area and had positive meetings, they know of our existence and our priorities. Rick, Marg Smith and Christine Walker will attend the BC District meeting in May in Abbotsford and Rick will attend the AMM in June in Gatineau Quebec. Vice-President elect, Christine Walker will also attend this meeting.

2. **VICE PRESIDENT** – Vacant.

3. **SECRETARY** – Sheila Wilson. Good to see members again.

4. **TREASURER** – Penny Kanigan. The 2019 Financial Review was done by Linda Cant and Linda Wiltse in Feb. 2020 and received a 'nicely done' commendation.

MOTION: Penny moved that the 2019 Financial Review with Earnings/Loss of \$84.80 be approved, seconded by Claudette Cadrin, carried.

The 2020 Financial Review was done by Marg and Bill Smith and this time we found "Some work to do" in reference to the allocation of Reserve Funds and some membership dues entered too early.

MOTION: Penny Kanigan moved that the Review of Amended Branch financial Statements for the year ending December 31, 2020, showing Earnings/Loss of \$4,072.44 be approved. Christine Walker seconded, carried.

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

MOTION: Penny moved that the Review of the Branch Financial Statements for the year ending December 31, 2021 with an Earning/Loss of \$84.80 be approved, seconded by Marion Picton, carried. Penny presented the draft budget for 2022.

MOTION: Penny moved that the proposed budget for 2022 be accepted as presented, seconded by Linda Wiltse, carried.

The Reserves template was shown on overheads and Penny explained the reason for the Reserves and how they are used.

MOTION: Penny moved that the Reserves template be accepted as shown, Wendy Standher seconded, carried.

Penny let members know about a service provided

via Nanaimo Volunteers by Watch Dog Computer Services. This is provided by donation.

5. **MEMBERSHIP** – Vic Ashdown, who was gratefully acknowledged for being in this position for 20 years. Our members now number 1728, down 20 from April 2021. He feels most cancellations were due to Covid-19 and those who only joined for MEDOC benefits. He needs volunteers to be telephoners' in the Qualicum/Parksville area. He really needs help or replacement in his duties managing the data base and membership. Duties could be split. He provided some good jokes as usual.

6. **HEALTH AND BENEFITS** - Andy Gilman, he also needs volunteers. Some copies of "You and Your Survivors" were available, but always on-line. The new BC Senior's Guide is out in print or on-line. Andy "Advance Directive".

7. **PROGRAMS** – Fran Graham, glad to see everyone.

8. **TELEPHONERS** – Linda Wiltse, nothing to report.

9. **HISTORIAN** – Charles Scrivener, reminded people of the volunteer lunch May 25th. 5 Year Volunteer certificates were presented to: Sheila Wilson, Helen Hewitt, Bill McCullough, Judy Person, and Mike Wansink.

MOTION: Charles moved that Fran Graham be presented with the President's Award for 15 years of volunteering for the Branch. Vic Ashdown seconded, carried. Fran was presented with her award.

10. **INTERNET & NEWSLETTER** – Ian Williams, had nothing to report, does need help with these tasks.

11. **REGISTRAR** – Jim Gahr, absent.

12. **COMMUNICATION** – vacant.

13. **ADVOCACY** – Marg Smith who thanks the committee of Christine Walker, Charles Scrivener, Mike Wansink and Ken Chipenuik. She also needs volunteers to help at activities and functions which we will be having throughout the year. The MP's were in sync with our priorities and she feels we have good communication links with them. We will be looking at Provincial issues such as long term care and housing.

14. **DIRECTOR AT LARGE** – Christine Walker, nothing to report.

15. **PAST PRESIDENT** – Bob Willis, absent. Marion Pickton thanked the Executive for their

work and also for the notepad received with our Christmas message, she felt that the members were not forgotten during this trying time.

NEW BUSINESS:

1. NOMINATIONS AND ELECTION

MOTION: Rick moved that Christine Walker be acclaimed as Vice-President. Barbara Williams seconded, carried.

Directors: Vic Ashdown, Ian Williams, Jim Gahr and Fran Graham all agreed to stand for re-election and were declared. They took their oath of office, except for Jim who will be sworn in at the next Executive meeting.

Rick Roberts declared the meeting closed at 12:00 noon.

The in house draw made \$320.00 of which \$120.00 went to our charity fund, \$80.00 was won by Charles Scrivener who donated it to the Food Bank and \$80.00 was won by Tom Schmidt.

PROGRAM: Rick introduced Reserve Constable Gary O'Brien, Media Relations Officer for the Nanaimo RCMP, who presented the facts of Senior's scams. A few points to ponder:

More young people get scammed but seniors lose more money.

Canada Revenue will be in contact with you many times before threatening jail, etc.

You have 30 days to check your bank account for problems.

BRANCH ADVOCACY

Marg Smith, Branch Advocacy Liaison

Federal Retirees advocacy priorities continue to focus on retirement security, a national seniors' strategy with an emphasis on improving long-term care, veterans' well-being and pharmacare.

Meetings with Members of Parliament – Reach 338

The Branch prioritizes meeting with local Members of Parliament at least once each year. In 2022, Branch representatives met with our two federal MPs -- Nanaimo-Ladysmith MP, Lisa Marie Barron (NDP), and Courtenay-Alberni MP, Gord Johns (NDP).

At both meetings, we emphasized Federal Retirees advocacy priorities.

Each MP is aware of our association and supports its priorities. We were able to establish a path for further communications with both MPs on issues relevant to our membership and Canadian seniors.

Participation in Health Care Round Table

Becoming a trusted resource for elected officials has been an important goal. To that end, the Branch was pleased to have been invited to send representatives to a seniors' health care round table (January 2023) in Qualicum Beach hosted by Gord Johns, MP and Jagmeet Singh, federal NDP leader.

Federal Retirees is advocating for governments to work together to reform older adult care and implement national standards for long-term and home care as part of a comprehensive national seniors strategy.

We used our allotted time at the round table to speak about a national seniors strategy, which includes measures to provide the appropriate level of care, at the right time, and place. We highlighted the need for enforceable national standards for long-term care, adequate staffing levels, strengthening the regulatory environment in the long-term care sector and improving accountability and enforcement. We also called for greater emphasis on home care, including support for the many Canadians providing unpaid care to family members and friends.

Labour Day Picnic

The Branch arranged to have a table at the Nanaimo Duncan & District Labour Council Labour Day Picnic in September 2022. This event attracts hundreds of people and provides an opportunity to raise public awareness of Federal Retirees and its priorities. It also enabled us to speak with the many local politicians from all levels of government who attended the picnic.

There was considerable interest in Federal Retirees and the issues we advocate for.

Advocacy Committee/Communication with Members

The Branch has an Advocacy Committee composed of some members of the Executive Committee and general Branch members. The Committee meets when necessary to identify advocacy opportunities, respond to requests and develop plans for specific activities.

The Advocacy Liaison reports monthly to the Branch Executive Committee where advocacy plans are reviewed and approved.

The Branch's advocacy activities are communicated to members through quarterly newsletters, e-blasts, when required, and on the Branch website.

Thank you to Advocacy Committee members, Christine Walker, Charles Scrivener, and Mike Wansink who worked diligently throughout 2022 on behalf of Branch members.

Participation on Webinars

The Branch Executive encourages members of the Advocacy Committee to participate in webinars and information sessions on subjects touching on Federal Retirees priorities.

In March 2022, the Branch Advocacy Liaison attended a webinar about the then draft national standards for long-term care. The webinar was a joint initiative of the National Pensioners Federation and the Council of Senior Citizens Organizations of BC.

More recently, the Advocacy Liaison participated in a Zoom presentation organized by the Fraser Valley West Branch. This presentation focused on the Oasis program – a project originating in Ontario to assist seniors to stay in their own homes longer and age-in-place.

Oasis was developed to serve older adults who live in naturally occurring retirement communities (NORCs). A NORC is a community that may not have been created specifically for older adults but which over time has become a place where many older adults live. A NORC, for example, can be an apartment complex, multiple-unit dwelling, or neighbourhood. It does not include long-term care or assisted living facilities. The programs and activities offered within an Oasis community are developed to serve the needs and wishes of its members and typically include physical exercise, dining and social activities.

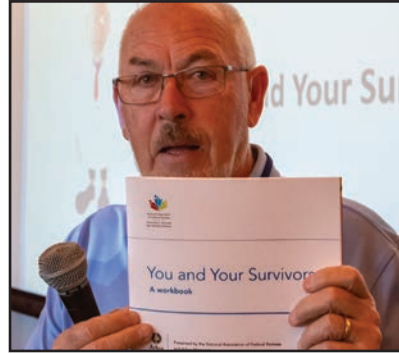
If you wish to have more information on the Oasis program, please contact the Advocacy Liaison, Marg Smith.

What's ahead in 2023?

Our advocacy efforts on your behalf will continue in 2023 as we meet with Members of Parliament to

advance Federal Retirees priorities and be a trusted resource on issues of importance to our members.

Andy Gilman, the Health and Benefits director, has received 50 copies of the **You and Your Survivors** booklet. This workbook has been designed for Association members and their families to help



them with estate planning and with the winding up of an estate. Estate planning is, at its heart, an act of care toward your loved ones and ensures that, in the event of your death or

incapacity, your survivors and your assets will be protected. To achieve this goal, and to assist your survivors and executor in managing the transfer of assets to the beneficiaries of your estate, there are three things you should do:

1. Prepare for someone to manage your affairs should you no longer be able to do so yourself.
2. Leave accurate records relating to your estate in an accessible location so that your executor can wrap up your affairs efficiently and according to your wishes. There are forms in this workbook that will help you organize your papers and record your information.
3. Review your current income and expenses, and estimate your survivor's income and expenses after your death. This workbook provides some forms that will help you make these estimates. These hard copies are available while supplies last at no charge to our members and will be available at our Annual General Meeting on March 23, 2023.

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

Nanaimo and Area Board



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

Financial Report August 15 2022 - Penny Kanigan

Current chequing account	\$10,774.74
Savings Account	\$3,310.66
GIC investments	\$12,265.57

I will be reporting on the results of the Branch Annual Review for December 31, 2021 and the draft Review for 2022 as well as the Proposed Budget for 2023 at the upcoming AGM.

Public Service Health Care Plan renewal

The administration of our PSHCP will change from Sun Life to Canada Life on July 1, 2023.

New Canada Life member cards will be issued in spring 2023, once enrolment is completed. The card will indicate a member's new Canada Life group plan number, but members will keep their current certificate number.

Members completing enrolment online will be able to download their new benefit card electronically according to instructions that will be provided by Canada Life.

Members who complete enrolment using paper forms will receive their card by mail once their information has been validated by Canada Life.

Members will be able to sign up with Canada Life's plan member services website once they have completed positive enrolment in spring 2023. However, plan members' coverage information, including benefit limits and balances, will only be available on the Canada Life website as of July 1, 2023.

A new PSHCP plan directive (or plan document outlining coverage) will be available

2023 Branch Service awards

Five-Year Service Awards will be presented at the March 23rd AGM to Claudette M. Cadrin-Curti and Les Stead as volunteer phoners for our Branch.

A **President's Long Service Award** will be presented at the AGM to Penny L. Kanigan for her many years of service as Branch Secretary and Treasurer.

over the coming months.

To find out more about what the PSHCP currently covers, consult the current plan directive or contact the current plan administrator, Sun Life, by telephone, online or by mail:

1-888-757-7427 (toll-free within North America)

www.sunlife.ca/pshcp

Sunlife Assurance Company of Canada, PO Box 6192, STN CV, Montreal, QC, H3C 4R2

After July 1, 2023, you will need to contact Canada Life instead of Sun Life. Canada Life can be reached at:

1-855-415-4414 (toll-free)

www.canadalife.com/pshcp

For more information go to [Frequently Asked Questions](#) on the Federal Retirees website

When you're 20 and you drop something, you pick it up.

When you're 80 and you drop something, you decide you don't need it anymore.



Membership Report - Vic Ashdown

As of February 17th, 2023, the Nanaimo and Area Branch had 1733 members comprising 1119 retirees and 614 spouses. Of the 1119 retirees, there are 926 on DDS and 193 pay fees annually to National Office. Since the last Report (October 20th, 2022), the following changes have taken place:

New or Reinstated Members (26)

Richard Bazille & Jane Kelly
William & Kelly Dykstra
Donald Evoy
Wendy Farrington
Stacy Fitzgerald
Sherry & Joseph Fortune
Daphne Gallant
Reta Grieve
Joan Honig
Miriam & Lance Hornby
Clifford & Arlene Kraft
Sharen Munn
Angela Pawloski
Karen & Tanya Pockett
Michael & Shirley Schmeisser
Barbara Scott
Loretta Smith

Carl & Karre Vinet

Transferred In (3)

Frank Findlay
Ingrid Herchak
Ron West

Transferred Out (5)

John Ellis & Koko Kishimoto
Iona Evans
Mel & Carolynne Spotswood

Membership Cancellations (10)

Al Francis
Bob & Cathey Hoogerbrug
Vera MacKay
Evelyn Morrissette
Marie Rickwood & Val Fenton
Kasumi Robinson
Greg Thompson
Hilton Zu

In Memorium

Lou Biggemann

David Blackmore, survived by wife Marva

Victoria Blower, survived by husband Alderic

Phyllis Brett

Thelma (Jo) Danielson

Wayne Harling, survived by wife Barbara

Gerry Hansen

Wayne Healey, survived by wife Lynn

Allan Hook, survived by wife Margaret

Jennie Irvine

Norma Lipsack, survived by husband Reg

Faye Mann

Keith Mann

Cathy Markin, survived by husband Doug

Daryl Pentland

Maurice Tougas

This farmers wife prayed to the Lord and asked him, "How old will I be when I die?" His reply was 96 years old. She said, "Hot diggity dog, I will have myself fixed up." She had everything lifted and tucked and was in the doctor's office, making the last payment on her reconstruction. She walked out of the doctor's office, started across the street, and was hit and killed. She gets to heaven and asks the Lord, "What happened? You told me that I would live to be 96." His reply: "We'll I just didn't recognize you!"

**National Association of Federal Retirees
Nanaimo Executive, Directors & Volunteers 2022-2023**

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	760-2894	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	Fran Graham	585-8227	frances41@shaw.ca
Phone Captain	Nanaimo	Linda Wiltse	778-269-0895	lmwiltse2@gmail.com
Phone Captain	Nanaimo	Barb Williams	758-0954	bof8@mac.com
Phone Captain	Nanaimo	Maureen Shakespeare	758-2833	lmshakes@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	No Access		
Hospital Visit	Nanaimo	No Access		