

National Association of Federal Retirees

August Newsletter



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

August 2023
 Tel: (250) 248-7171



Volunteer Luncheon held May 25, 2023 provided training and socialization plus a great dinner.

Next Meeting - General Meeting.

Date/Time: Thursday, September 28, 2023.

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

Coffee available at 10:00 AM

Location: Lantzville Legion #257, 7255 Lantzville Road, Lantzville. Meeting is upstairs. Elevator is available

Directions: If traveling South on Island Hwy North: left on Ware Rd, left on Lantzville Road. Legion on left.

If traveling North on Island Hwy North turn right on Dickenson Road then left on Dover Road, continue onto Lantzville Road. Legion on the left

Business Meeting: 11:00-12:00

Presentation: 12:15 - 12:45 - TBA

Luncheon: Beef Dinner with potatoes, vegetables, dessert, coffee and tea. Cost is \$28

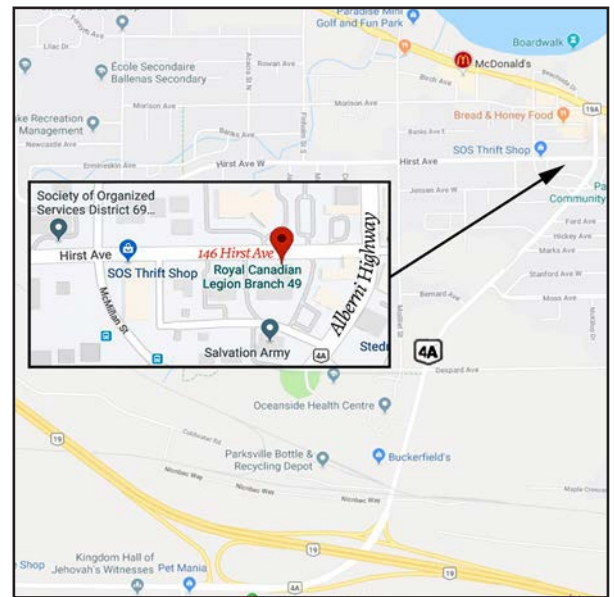
In-House Draw - Tickets \$2 or 3 for \$5. All proceeds to charity. We are also collecting non-perishable food or cash for the local food banks.

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, September 24, 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 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 2023

DATE	EVENT	PLACE	VENUE	Meal	Cost
September 28	General Meeting	Lantzville	#257 Legion	Beef Dinner	\$27
November 23	General Meeting	TBA			

Presidents Report Fall 2023 Newsletter

I hope everyone has had a great and healthy summer and have enjoyed the continuum of sunshine though it sure would be nice to have some rain mixed in. I am also aware of several of our members who are struggling with serious health issues... my thoughts and prayers continue to go with them.



Rick Roberts

The bulk of my report this newsletter will highlight some of the items arising out of National's All Member meeting which I attended on your behalf at Gatineau Quebec in June.

Highlights

No question my number one highlight was having the honour of accepting the **National Award For Advocacy** on behalf of our Branch. The actual award is lovely and would look great in our office if we had one! I will bring it to our September meeting for everyone to see. A huge congratulations to **Marg Smith** and her Committee and all those that have supported them....a job very well done.

The other highlight was a presentation by **Perry Tsergas** of Spark Advocacy who outlined some of the political changes occurring due to Millennials being now the largest voting block in the country. They are very media savvy and tend to look at things and have different priorities than us baby boomers. One scary stat is that 50% of Millennials trust social media like tic toc more than they do mainstream media....scary stuff.

New Proposals

Approvals included giving authority to the National Directors to raise membership fees up to the cost of living increase each year....will not be automatic but it does put a limit on how big the increase can be. A fee reduction of 25% for new of old members switching to DDS in year one and that the Executive Director investigate the possibility of obtaining a preferred partnership that would give members a reduction on foreign currency exchange were also approved. In addition,

the two recommendation from the Branch Finance Committee were agreed to over the objections of the national Board....there were a minimum top up to \$6000 for all small branches that require it and a revolving fund of \$600,000 (\$200,000 a year for 3 years) to allow for any branch to apply for funding special projects.

Canada Life

I hope everyone has filled out the positive enrollment for Canada Life as your medication and other services will not be paid until you do.

Iris Optical

Has been approved as our new optical preferred partner so you may qualify for discounts for optical services. More information forthcoming.

New District Director for B.C.

Our new Director for the National Board is **Scott Hodge** from Courtenay so now both Directors for B.C./Yukon reside on Vancouver Island...one in Courtenay and one in Victoria.

There you go, a quick summary of a three day meeting....

A couple of other items, we are planning a special event to celebrate our organization's 60th anniversary in conjunction with our November general meeting November 23rd...save the date! And more information to come....

And no report of mine would be complete without my continual plea for more people to assist us at the Board level...if you can donate a small amount of time or more...it would be greatly appreciated. Please let me or any other Board member know. My thanks to **Bob and Pat Benton** for stepping forward to assist in supporting our membership. Thanks for your consideration!

ANNUAL GENERAL MEETING, MARCH 23, 2023 Highlights

There were 78 members and guests in attendance for the meeting and meal, 15 for meeting only. 93 total. There were 18 "no-shows".

Ah, the modern days...

I just saw a grandpa help a youngster who was staring into his phone, to cross the street.

REPORTS:

Secretary, Sheila Wilson asked for a person to step up and replace her when she leaves the position next year.

Reserves: these are amounts set aside for non-recurring expenses. **Motion: Penny** moved that the Reserves template ending December 31, 2022 in the amount of \$13,762.38 be approved as presented. **Charles** seconded, carried.

Health and Benefits – Copies of “You and Your Survivor” are available. Penny will arrange for a seminar about Advanced Care Planning. About 20 members indicated they would like to attend.

Registrar – Jim Gahr. We had about 18 no shows. Do we have to do reminders by e-mail? Any suggestions?

Past President – Bob Willis conducted the elections for 2023-2025. The President and Treasurer were elected by acclamation as no one else volunteered to stand for these offices.

2023 Labour Day Picnic

Nanaimo & Duncan branches of NAFR will have a membership recruitment booth at the Labour Day Picnic.

Date: September 4, 2023 11:00am to 3:00pm

Location: Transfer Beach, Ladysmith, B.C.

Join us in celebrating Labour Day!

Free: music, hot dogs, juices, prize-draws, family-fun, face-painting, bouncy-castles.

Bring a lawn-chair or blanket. Join the fun.

The oath of office was administered by **Bob** to **Rick, Penny, Marg, Charles, Linda** and **Larry.** **Andy** was absent. **Jim Gahr** also took the oath as he was absent at the last AGM.

The 50/50 draw was won by **Susanne Body**, ticket # 7305848. The total raised was \$300.00 of which \$150.00 was presented to Susanne and \$150.00 went into our charity account.

NEW BUSINESS:

BC 05 By-laws revisions by Charles Scrivener.

Motion: Charles moved that the revisions to our current By-Laws 5.D, 4, 9.3, 9.8 and 9.9 as approved by the Executive be accepted. **Christine Walker** seconded, carried. They will now go to Headquarters for final approval.

The Voice – another planning tool in regards to health care at end of life. Discussed previously, copies are available.

The meeting was adjourned at 12:10

Fran Graham introduced **Andrea Blakeman**, a member of the **Ballenas**

Housing Society which is a non-profit charity founded in 1990 providing safe, affordable and well-maintained housing for independent residents on Central Vancouver Island. They have 19 buildings (670 units) in this area. Her talk was very informative on the great need in our communities, housing options and their plans for the future.

- Rents are geared to income (RGI) and should be 30% of gross annual income.

- Anyone wishing to apply for this housing must register with BC Housing and Ballenas.

- Rented to independent individuals and families.

Andreas' presentation was well received by the members.

Three old guys are out walking. The first one says, “Windy, isn't it?”

The second one says, “No, it's Thursday!”

The third one says, “So am I. Let's go get a beer.”

BRANCH ADVOCACY

Marg Smith, Branch Advocacy Liaison

Greetings from your Branch Advocacy Committee.

We are pleased to report on the Federal Retirees advocacy priorities and news and developments.

We wish to thank **Renate Sutherland**, our B.C. Advocacy Program Officer for nominating the Nanaimo and Area Branch for the national advocacy award. And many thanks to our branch Advocacy Committee – **Christine Walker, Charles Scrivener, Larry Biccum and Marg Smith** – for their commitment to advocating on your behalf.

Federal Retirees Advocacy Priorities

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

Key issues

Retirement Income Security

Federal Retirees is advocating for better retirement income security policies that would:

- Encourage well-managed defined benefit pension plans,
- Reject legislation that allows employers to walk away from their pension promises,
- Plan for enhancements to the Canada Pension Plan,
- Strategically increase the Guaranteed Income Supplement,
- Finally resolve Phoenix issues plaguing retirees.

National Seniors Strategy

Federal Retirees is seeking a comprehensive national seniors strategy that would:

- Ensure national standards for long-term care are implemented and enforced through accountability tied to funding,
- Address the social determinants of health, such as income security, housing, and transportation,

- Assure a continuum of health care closer to home,
- Provide for resource planning and sustainable financing for health care, health care workers and caregivers,
- Recognize and support the work of informal caregivers,
- Promote and fund innovation in home and community care.

Veterans Well-being

Federal Retirees is calling for a policy framework for improved outcomes for veterans that would:

- Achieve equitable outcomes for serving military and veteran women,
- Ensure a seamless, supported, and successful transition and release from service,
- Ensure the most vulnerable ill and injured veterans and their caregivers are supported with adequate planning and programming, including financial supports,
- Assure timely and transparent decisions for veterans waiting to access benefits and programs, or awaiting the outcome of appeals,
- Rebuild trust with veterans by improving outcomes and communications, particularly by working with national service providers, non-profit and community-based organizations.

Pharmacare

Federal Retirees is advocating for a universal public pharmacare program that:

- Is based on the Pharmacare Consensus Principles of universality, public single-payer administration, accessibility, comprehensiveness, and portable coverage,
- Ensures current access to medications, levels of prescription drug coverage – and health – are maintained or improved,
- Monitors the prescribing and use of drugs to ensure safe and appropriate use of medications.

New and Noteworthy

In June 2023, the Office of the B.C. Seniors Advocate issued a new report on assisted living in B.C.

The report, *It's Time to Act: A Review of Assisted Living in B.C.*, is available on-line at:

<https://www.seniorsadvocatebc.ca/reports/>.

The review identified a 15% decrease in the rate of publicly subsidized assisted living units per 1,000 of the target population 75+ over the past five years, despite funding increases. Furthermore, the comparative wait list for publicly subsidized assisted living is substantially higher than that of long-term care.

The review is calling on the B.C. government to address the current confusing legislative landscape to protect seniors from significant rent and service fee increases, improve oversight and reporting, and address affordability challenges by increasing the number of publicly subsidized assisted living units.

Safe Long-Term Care Act Consultation

The federal government has launched an on-line consultation to help develop a Safe Long-Term Care Act. The public is invited to share their perspectives and expertise on how to improve the quality and safety of long-term care, implement long-term care standards and overcome challenges. The deadline to participate is Sept. 21, 2023.

The consultation questionnaire can be found at <https://www.canada.ca/en/health-canada/programs/consultation-safe-long-term-care.html>.

Federal Cabinet Shuffle

On July 26, 2023, Prime Minister Trudeau announced major changes to the federal Cabinet. There are new Ministers in the areas relevant to our association.

- Seamus O'Regan is the new Minister of Labour and Seniors.
- Ginette Petitpas Taylor is now Minister of Veterans Affairs and Associate Minister of National Defence.
- Anita Anand fills the position of President of the Treasury Board.

Chrystia Freeland remains as Deputy Prime Minister and Minister of Finance.

You know you're getting older when you have a party and the neighbors don't realize it.

Scam Corner - Charles Scrivener

Scammers are becoming more sophisticated and devising new schemes. They may contact you with an e-mail address or phone number that you recognise. Just remember that your bank, Canada Revenue Agency, Microsoft, Amazon, or Fedex; NEVER initiate contact with clients by telephone. They also NEVER ask you for passwords or account information over the telephone or e-mail. Canada Revenue Agency can contact you by Canada Post or send an e-mail asking you to login into your "MY Account". To be safe, Trust only the company channels you know; Be wary of false urgency; NEVER pay over the phone; & Verify links first. Eg. Use google earth to check a return postal address; check whether an apparent source of an e-mail is the same as where you are being asked to send money or information. Stay Safe.

Excerpt from NAFR President Roy Goodall's letter to members

National office has received over 700 calls and emails about Canada Life. Several branches have also reported an extremely high volume of calls. We appreciate those who have taken the time to share their experiences and ask for patience as we respond. Though, I must be clear; the PSHCP contract is between Treasury Board and Canada Life. It is their responsibility to ensure appropriate resourcing for a change that has been planned for some time.

The quality of service at this stage of the transition is shameful.

The Association has escalated its concerns with Canada Life's service to Treasury Board. We have met with staff at the office of the Treasury Board president, and I have called for a meeting of the PSHCP Partners Committee to address these issues.

We have been told that the Treasury Board president has spoken with the president of Canada Life to share concerns and hear directly what the company is doing to improve service. We have also been advised improvements are forthcoming.

Nanaimo and Area Board



Left to right: Linda Wiltse, Marg Smith, Andy Gilman, Christine Walker, Larry Biccum, Jim Gahr, (Spouse Tove Gahr), Bob Benton, Pat Benton, Rick Roberts, Bob Willis, Charles Scrivener, Penny Kanigan, Ian Williams, Sheila Wilson, Fran Graham



Financial Report August 15 2022 - Penny Kanigan

Current chequing account	\$12,470.50
Savings Account	\$3,327.09
GIC investments	\$12,265.57

Federal Retirees National Website

Check out the Retirees website at www.federal-retirees.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 Pat Benton (see back page)

If you want a hard copy the cost for members is \$5.00 and for non-members is \$25.00.



Two lucky winners of the door prizes (courtesy of President Rick) at the Volunteer lunch May 25, 2023

2023 Branch Service awards

Left to Right: Claudette Cadin-Curti, Rick Roberts (President), Penny Kanigan, Elaine Alford, Les Stead. A **President's Long Service Award** was presented at the AGM to Penny L. Kanigan for her many years of service as Branch Secretary and Treasurer. The other three members received certificates for **five years of volunteering** with our Branch



Membership Report - Pat Benton

As of August 17th, 2023, the Nanaimo and Area Branch has 1726 members .

New or Reinstated Members (19)

Rhonda Mair, Nanaimo
 Donna Lee, Nanaimo – John Garstang (Partner)
 Ken Mitchell and Linda Zilke- Qualicum Beach
 John (Alex) and Maureen McIsaac,
 Qualicum Beach
 Valerie Ken -Clive Ken (Partner), Nanaimo
 Christine and Francis Federici-Nanaimo
 Thomas and Deborah Francis-Parksville
 Shelley McLeod – Qualicum Beach
 Paul and April Clarke – Qualicum Beach
 Keiko Tanioka-Man – LangfordAimee Zweig
 Doris Aubin- Nanoose Bay

Transfer in (10)

Best, Marina
 Marrion, Virginia
 Edwards, Douglas
 Pereira, EM
 Prizeman, Doug
 Alexander, Willy
 Ken, Clive
 Biglow, Corrine
 Lockerbie, FR
 Booth, Roderick

Transfer out (5)

Seguin, Isabelle
 Cruickshank, Donald G
 Smith, Loretta
 Taylor, Donald
 Chisholm, John

In Memorium

Alvin G Sewid, Nanaimo, survived by wife Violette

Colleen Butler, Parksville, survived by husband Ronald

John M Ayres, Nanaimo, survived by wife Elaine Leclerc

Phil J Copple, Qualicum Beach, survived by wife Maureen LaPlaca

Rodney N Palmer, Nanaimo, survived by wife Margaret

L Douglas Wright, Nanaimo, survived by wife Beulah

Severino C Grando, Nanaimo

Michael K Clegg, Nanaimo, survived by wife Audrey

Tove Gahr, Nanaimo, survived by husband Jim

Ronald Scott, Qualicum Beach, survived by wife Victoria

**National Association of Federal Retirees
Nanaimo Executive, Directors & Volunteers 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	Pat Benton	780-242-9220	bentonpb1@gmail.com
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	fran41@telus.net
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			
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	williv@telus.net
Phone Captain	Nanaimo	Maureen Shakespeare	758-2833	lmshakes@shaw.ca
Phone Captain	Parksville/Qualicum	Marjorie Rose	594-4002	
Phone Captain	Parksville/Qualicum			
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			
Hospital Visit	Nanaimo			