

# National Association of Federal Retirees

## November Newsletter

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

November 2023  
Tel: (250) 248-7171



November 2022 meeting at Tigh Na Mara

### Next Meeting - General Meeting.

**Date/Time:** Thursday, November 30, 2023.  
Doors open 10:00 AM, Meeting starts 11:00 AM.  
Coffee available at 10:00 AM

**Location: Tigh-Na-Mara: 1155 Resort Dr, Parksville**

**Directions:** Resort Drive is 1.5 km West on 19A Island Highway E from Exit 46 on Inland Highway 19. Turn right onto Resort Drive. Tigh-Na-Mara Resort is 170 meters off the Highway

**Business Meeting:** 11:00-12:00

**Presentation:** 12:15 - 12:45 - TBA

**Luncheon:** Fresh Baked Buns and butter, Garden Salad, Roast Yam Salad, Beet Salad, Roast Turkey Breast, Stuffing, Mashed Potatoes Seasonal Vegetables, Sweet Offerings, Coffee, Tea & Cake.  
Cost is \$36

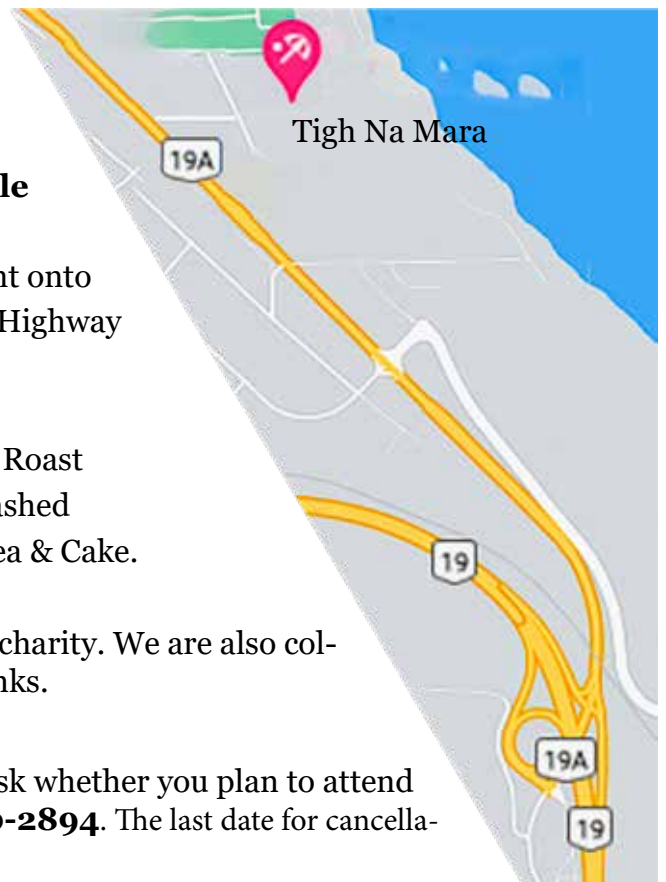
**In-House Draw** - Tickets \$2 or 3 for \$5. All proceeds to charity. We are also collecting non-perishable food or cash for the local food banks.

### 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, November 26, 2023**.

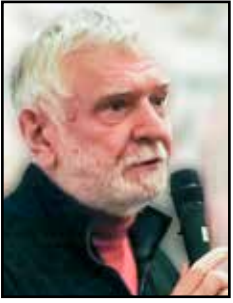
If you said "no" or "maybe" and then decide to attend on the day of the meeting, you are welcome to come and register at the door.

**Name Tags** will be available at the door for all members attending the November 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](mailto:scrivenercharles59@gmail.com).



### EVENTS 2023

DATE	EVENT	PLACE	VENUE	Meal	Cost
November 30	General Meeting	Parksville	Tigh Na Mara	Turkey Buffet	\$36



## Presidents Report November. 2023

I hope everyone is enjoying the mixture of Fall weather...probably first time ever I have been happy to see the Fall rains arrive.....potpourri of information for your reading pleasure today:

**Rick Roberts**

**October 11 Regional Workshop:** attended by myself, Christine Walker and Charles Scrivener from our Branch as well as representative from Victoria, Duncan and North Island Branches as well as Michael Jolicouer, a National Director, Rick Devlieger our Regional BSC and Renate Sutherland our Provincial Advocacy Officer. We are the third smallest Branch in the Region slightly behind North Island (slightly over 2000 members) and ahead of Duncan (a little over 900 members). Victoria is far the largest Branch with slightly over 5000 members due to its amalgamation with Sidney. We have just over 1700. Each Branch reported difficulty in recruiting volunteers and obtaining additional members. Sidney Branch had to close due to inability to recruit volunteers for its Executive despite a fairly large membership comparable to ours. (And have I mentioned lately that we also need new volunteers if we are to continue effectively providing services to our membership.) We also discussed the difficulties with Canada Life...it was emphasized that the contract with Canada Life is between Canada Life and Treasury Board not NAFR, So our ability to influence is limited.

**Branch Name Change:** at the last Executive Meeting, a motion was passed to prepare a new Bylaw changing the name of the Branch to Mid Island/Pacific Rim Branch to better reflect the geographic area that we serve. This Bylaw change will be presented to the membership at our March/24 AGM.

**60th Anniversary Celebration** and Recruitment Meeting, November 30th at the Tigh Na Mara Resort in Parksville promises to be a great event, we will be having someone discussing the 60 years of the Association, its accomplishments and a look to the future. Many surprises...if you only want to attend only one meeting this year, make this the one.

Additional info to be coming out shortly but hold the date! See you there!

**BC Guide Dog Association:** we all very much appreciated Renate Sutherland's presentation at our last General Meeting. I have been asked by a few folks how to donate to this cause. The information appears later on in this newsletter.

**Mega Recruitment Drive:** on now, you can win some marvelous prizes if you recruit new members.

**Executive Vacancies:** as you can see, there is a lot going on and to continue our priority of excellent support and services to our members, we need more volunteers...even if you can only devote a small amount of time...we need you! We more specifically **need a Secretary** as our present one, who has served us well over the last number of years, is retiring in March. For more info, please talk to anyone of the Executive.

## Highlights from the September meeting 2023 minutes.

-Vic Ashdown, a long-time volunteer with the Executive, resigned at the end of September due to health problems. Vic has been a very willing, productive member of the Branch and Executive, also winner of a special National Volunteer Award and we will miss him very much. A photo tribute to Vic was shown on the overhead screen.

-We have 3 new Directors, Patrice and Robert Benton and Larry Biccum.

Penny mentioned that we had 18 no-shows at the March AGM. One member questioned whether we could accept e-transfers. Reply - We're not set up for this yet.



**Nanaimo and Area's 60th Anniversary  
Luncheon and Recruitment Event**

**Save the Date**  
Thursday November 30, 2023  
Tigh-Na-Mara (10 am to 2 ish)

## GUEST SPEAKER:

Our speaker was **Renate Sutherland** representing **Wounded Warrior Support Dogs**. She was accompanied by Kimmy, a dog she is fostering for this organization. Renate is also a Regional Director for NAFR, focusing on Advocacy. Suitable pups are sent to foster homes where they learn some basics of their future role. They are then trained for 2 years to be a support dog for veterans, RCMP, etc., who are suffering from PTSD. If suitable, they receive certification. Yellow and black Labradors are the best breed, chocolate labs are too immature for too long. Rick thanked Renate for offering to come on short notice after our original speaker had to cancel.



Renate Sutherland and foster dog Kimmy who is learning to stay by Renate in busy environments. Kimmy was good for most of the time but did break near the end of Renate's talk.

## Ways you can show your support:

- online at: [www.BCGUIDEDOG.com](http://www.BCGUIDEDOG.com) Donations can be made to "general" and then they can put in the comments that they'd like their donation to go to VICD.
- Cheques can be mailed to BC & Alberta Guide Dogs, 7061 Ladner Trunk Road, Delta, BC V4K 3N3
- By telephone toll free at 1.877.940.4504 and donate over the phone.

Thank you for supporting VICD, I truly appreciate it.

Renate

## BRANCH ADVOCACY

### Marg Smith, Branch Advocacy Liaison

Greetings from your Branch Advocacy Committee.

We are pleased to report on our Branch's advocacy activities and other developments on issues relevant to our advocacy efforts.



## Local Events

### Labour Day Picnic

On September 4, 2023, the Nanaimo & Area Branch and Duncan & District Branch had a table at the Nanaimo Duncan & District Labour Council's annual Labour Day Picnic.

Christine Walker and Charles Scrivener represented the Nanaimo Branch along with Rick Devlieger and Greg Taylor from the Duncan Branch. Approximately 2,000 visitors attended the picnic along with MPs from two federal ridings and local MLAs.

NAFR buttons, documents, and promotional items were distributed to those stopping by our table. Six to seven individuals received membership application folders.

We spoke with all our political representatives and can confirm that they are aware of Federal Retirees and our priorities.

### Nanaimo Seniors' Health and Wellness Fair

On October 25, 2023, the Branch participated as an exhibitor in the Nanaimo Seniors Health & Wellness Fair, held at the Beban Park Social Centre in Nanaimo. Exhibitors ranging from government, not-for-profit organizations, and the private sector were present. Entrance to the event was free. Rick Roberts, Christine Walker, and Marg Smith represented the Branch.

The Fair typically sees about five hundred attendees. We distributed Federal Retirees information and promotional items to many attendees. It was clear that members of the public were not aware of our association and its goals and priorities. The event offered an opportunity to raise our profile among seniors in the area and make them aware that our advocacy priorities can have a positive impact on the lives of Canadian seniors.

Our priority of retirement income security resonated with many attendees.

## News and Information

### BC Seniors' Guide

The BC Seniors' Guide is a book-style compilation of information and resources to help plan for and live a healthy lifestyle as we age. It includes information on provincial and federal programs with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services.

The guide is available at: <https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-12th-edition.pdf>

To order a free print copy of the BC Seniors' Guide contact the Office of the Seniors Advocate, Monday-Friday, 8:30 a.m. to 4:30 p.m. Call toll-free: 1-877-952-3181

### A Billions Reasons to Care: Contracted Long-Term Care Funding Review Update

In this report, the Office of the Seniors Advocate provides a second review into government's funding of publicly subsidized for-profit and not-for-profit operated long-term care homes and has again found spending differences impacting care for residents, many cost increases exceeding inflation, a lack of clarity on many reported expenses and inequitable funding for capital assets. The report, Billions More Reasons to Care Contracted Long-Term Care Funding Review Update, is a follow-up to a report released in early 2020 looking at the same issues.

Billions More Reasons to Care report is available online: <https://www.seniorsadvocatebc.ca/reports/>

**Don't let aging get you down  
It's too hard  
to get back up off the floor**



### Health and Benefits - Andy Gilman

Andy had 6 contacts recently, some requiring multiple emails

Five of these were issues with Canada Life.

- Medication which was covered by Sun Life but not by Canada Life

- Lack of recognition of dual membership in the PSHCP even though both member plans exist and there are valid ID numbers

- Lack or slow payment of medications or eye exams/glasses.

One about who to deal with for hearing tests (Hearing Life is the NAFR Partner).

Andy advised that Canada Life is the administrator of PSHCP, not the owner. The 'owner' is the Treasury Board. The reimbursement of the dispensing fee has been reduced to \$8.00 and will only be reimbursed 5 times per year for maintenance drugs. Drugs will be generic unless specified by an MD or NP. There were questions about the limitation of only providing 3 months supply of a drug at a time – this is a provincial regulation. Could this be increased due to the limitation on dispensing fees? We may get an Identity card issued by Canada Life. Members were reminded that if you travel 40 km's or more 1 way to obtain medical treatment, you can claim this and some other related expenses on your income tax.



## Communication Protocol Change

The Nanaimo and Area Branch of the National Association of Federal Retirees is updating the way we communicate information to our Membership particularly as it relates to our Meetings.

Under this new protocol we will be communicating to those members who have email addresses strictly by email. If your preference is to continue receiving phone calls in the future, you **MUST** let us know by responding accordingly to [federalretireesnanaimo@gmail.com](mailto:federalretireesnanaimo@gmail.com). If we do not hear from you, our default position will be to communicate with you through your email address. We of course, going forward, will continue to call those without email capabilities. We hope to have this new system fully in place by our March AGM.

Thank you for your assistance and cooperation in making our communications more efficient and effective!

A priest stands in front of his congregation holding 3 envelopes. He says "I hold in my hand 3 sermons: A \$1000 one that lasts 15 min., a \$500 on that lasts 30 min, and a \$100 one that last one hour. Now we'll take a collection and see which one I'll deliver".



Winners of our In-House Draw were Jim Torrie and Donna Watson, each taking home \$83.00. The remaining \$166.00 went into our charity fund.

## Food Banks Need Our Help -

Charles Scrivener

The Nanaimo & Parksville/Qualicum Food-banks to which we donate, tell us that they prefer cash donations instead of food items. For every dollar that we donate, a food-bank can generate food valued at \$5.00. This way they can obtain the type of foods needed for distribution. Our 50-50 draw generates prize-winning & charity donations that we distribute each December (usually to a Food-bank). If you are able, please consider a cash donation to the Food-banks at our General Meetings. We know the need is great!!

## Scam Corner - Charles Scrivener

Improved credit card and Microsoft scams are making the rounds. They claim to represent the known company and therefore claim addresses that you don't recognize. Scammers are also doing more research on you. I recently received an E-mail supposedly from NORTON software saying that my annual agreement for software had expired and they were billing my credit card as done the previous year. They never identified anything but my e-mail address (my name), it is likely a Scam where they want me to contact them to phish for more information. Don't respond. They don't have access to any of your credit cards.

**[Benefits Finder Tool](#) can help you find Benefits and Services that you may be eligible to receive.**

## Nanaimo and Area Executive



**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 October 25, 2023 - Penny Kanigan

Current chequing account	\$12,776.85
Savings Account	\$3,332.66
GIC investments #1	\$6,946.84
GIC investments #2	\$5,484.11

**The Federal Superannuates National Association** (FSNA) was established in 1963 to address the need for changes in pensions, including the fact that no indexation of superannuation benefits existed at the time.

Renamed the National Association of Federal Retirees (Federal Retirees) in 2014, the Association is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors.

We intend to use this milestone to celebrate the successes we've achieved together, to advocate for good policy that improves the lives of all Canadians in retirement and to shine a light on our recommendations that reimagine aging and retirement for the future.

This anniversary belongs to every member, volunteer, employee and supporter who helped to build and grow the National Association of Federal Retirees over the last six decades. Thanks to you, we can look forward to the next 60 years!

As exciting as it can be to revisit all of the amazing advocacy work we've accomplished together, one of the most thrilling aspects of an anniversary is the opportu-

nity to look ahead. We don't want to miss this chance to turn our attention toward the future and inspire conversations about the Canada we want to see. These four talking points speak to our strengths, beliefs and strategic vision as an Association.

Dignity in aging matters. We advocate for quality and equitable health-care services for all older Canadians, and for policies, programs and services that will allow older adults to age with dignity in the place of their choosing.

We promote and employ innovative research and thought leadership. We believe every Canadian, today and in the future, should benefit from better retirement income security and a strong, sustainable health-care system. We use our platform to raise the profile of important research and to analyze what is currently working — and what isn't — in the fields of older adult care, gerontology and health-care policy.

We are fighting ageism in politics, policy and beyond. We are dedicated to fighting negative age stereotypes and advocating for policies that meet the growing needs of older adults. When we build cities and communities that are good places to grow up and grow older, the benefits extend across generations.

We amplify the voices of older adults and veterans. We believe that the voices of older adults and veterans, as well as those of their families and caregivers, must be present in all decisions about the governmental policies, programs and services that affect them. We will use our networks, communities and platforms to continue to raise their voices.

## MEMBERSHIP REPORT October 27/2023 - Pat Benton

Member Number Count

As of October 27, 2023, the Nanaimo and Area Branch has 1734 members

### NEW MEMBERS (20)

Kristian and Georgina Josefsson- Qualicum Beach  
Patrick Morphy- Nanoose Bay  
Joseph and Patricia Chassie- Qualicum Beach  
Brian Mckay-Parksville  
Stephen McIntosh – Nanoose Bay  
Chris MacHattie and Karen Ogle-Nanaimo  
John Verheyden – Parksville  
Scott and Shauneen Lee-Qualicum Beach  
Susan and Thomas Shardlow-Nanaimo  
Corinne Perry-Nanaimo  
Lindsay Buck and Diana Esak-Nanaimo  
John and Sandra Taylor-Qualicum Beach  
Gail Johannes- Nanaimo

### TRANSFERRED IN (7)

A James Barron-Nanaimo  
P.A and Gayle Brisley -Nanaimo  
Leonard and Anan Furlotte - Nanaimo  
Peter Outridge and Helene Dompierre-Parksville

### TRANSFERRED OUT (6)

Kenneth Walker  
Ernst Fitzwieser  
Patricia Gardiner  
Mary Nichol  
Barrie and Nancy Bonfield

### *In Memorium*

**Raymond E McGowan**-Nanoose Bay, survived by Barbara McGowan

**Donald H Davis** – Parksville, survived by Patricia Davis

**Judy Fergusson**- Qualicum Beach, survived by Robert D. Fergusson

**Victor Pearson**- Parksville, survived by Judy Peason

**Darrell Hamilton**-Nanaimo, survived by Shawn and Krista

### 2024 membership fees

The 2024 annual membership fees, effective Jan. 1, 2024, are \$55.92 for a single membership and \$72.60 for a double membership.

For the members who pay by dues deducted at source (DDS), their monthly deductions, or one-twelfth of the annual amount, will be calculated by the Pension Centre and reflected on their first pension statement of the new year. For those who pay their membership fees by cheque or by credit card, where the renewal date falls before Dec. 31, 2023, payment for membership renewal will be submitted based on the 2023 fees. Any credit card payments or cheques not postmarked before 11:59 p.m. Pacific Standard Time on Dec. 31, 2023, must be submitted at the 2024 rates.

If wrinkles must be written upon our brows,  
let them not be written upon the heart.  
The spirit should not grow old.

### Federal Retirees National Website

Check out the Retirees website at [www.federal-retirees.ca](http://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.

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

<b>Class</b>	<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Executive</b>			<b>Most 250</b>	
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
<b>Directors</b>				
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	mrgtsth80@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 ( <b>acting</b> )	Susanne Body	729-9588	sbody@shaw.ca
Director	At- Large	Larry Biccum	752-3485	lbiccum@hotmail.com
<b>Coordinators</b>				
Cards	Nanaimo	Sheila Wilson	591-2446	mesheshe@shaw.ca
Cards	Parksville/Qualicum			
Cards	Port Alberni	Marian Pickton	723-1136	pfmcj@shaw.ca
<b>Nominations</b>	Committee Chair	Bob Willis	468-0260	bobwillisbc@shaw.ca
Phone Captain	Nanaimo	Fran Graham	585-8227	frances41@shaw.ca
Phone Captain	Nanaimo ( <b>acting</b> )	Susanne Body		
Phone Captain	Nanaimo	Maureen Shakespeare	758-2833	lmshakes@shaw.ca
Phone Captain	Parksville/Qualicum	Marjorie Rose	594-4002	
Phone Captain	Parksville/Qualicum	Jeannette Willis	468-0260	willisbob@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

**Note:** Our own Charles Scrivener calculated the 2024 index for our pensions at 4.7%. Treasury Board has not released the official number yet.