

National Association of Federal Retirees

April Newsletter 2024



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

Telephone: (250) 248-7171



November Meeting 2023, Tigh-Na-Mara, Parksville

Next Meeting - Annual General Meeting.

Date/Time: Thursday, April 4, 2024.

Doors open 10:00 AM, Meeting starts 11:00 AM.

Coffee available at 10:00 AM

Location: Lantzville Legion #257

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: 11:00-12:30

Presentation: 12:30 - 12:45 - Sharon Speevak

Elder Dogs for Seniors 55 and up

Luncheon: Beef dinner, Coffee, Tea & Dessert. Cost is \$30

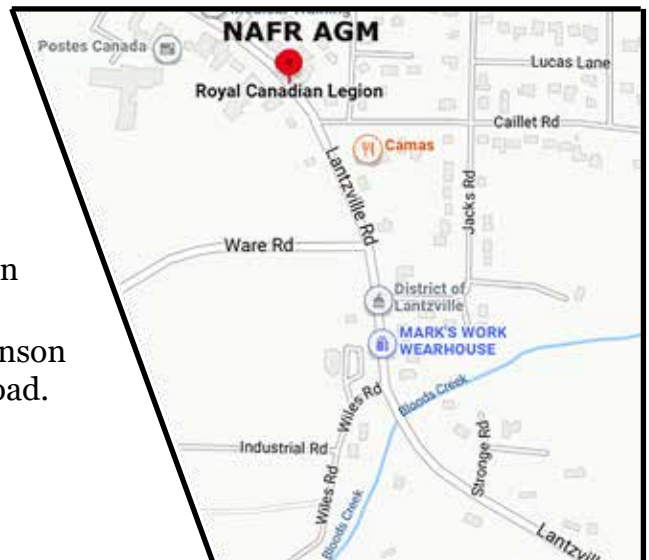
In-House Draw - Tickets \$2 or 3 for \$5. All proceeds to charity. **We are also collecting non-perishable food or cash for the local food banks.**

Reservations: We are changing the Reservation procedure to include emailing for some.

We will be canvassing members by email regarding their attendance at the April 4 AGM. If you plan to attend you will be asked to fill out a short (1 min) survey indicating if you want to have a meal or not. Submitting this form indicates you will attend. Your local Federal Retirees volunteer will still phone those who prefer contact by phone to ask whether you plan to attend the lunch.

Name Tags will be available at the door for all members attending the April 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.

Cancellations: To cancel, please call **Jim Gahr** at **250-760-2894**. The last date for cancellation to avoid billing is **Sunday, March 31, 2024**. 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.



Presidents Report April. 2024



Rick Roberts

I write this with a heavy heart, my mood matching the dank greyness I see out my window as I compose this report.. At the end of November, we lost our long time Telephone Director Linda Wiltse who passed away the night before our last General Meeting, then in December, we mourned

the death of Vic Ashdown, a 23 year Membership Director and National Leadership award winner and just recently Bob Willis our Past President and my mentor, died suddenly of a heart attack. All wonderful and dedicated folks. Our Executive remain in shock and grief but I know each of those three would want us to continue with the work of our organization.

As indicated later on in this newsletter, our Annual General Meeting will be taking place on April 4th this year. We will be undertaking some important business during this meeting. As mentioned previously, a motion will be put on the floor to change our Branch name from Nanaimo and Area to Mid Island and Pacific Rim. This recommended change will better reflect who we are as a Branch and where our membership resides. In addition, a small group of Directors, has spent many hours totally revising and updating our Branch Bylaws and Policies and Procedures. You will be asked to approve these changes at the AGM. My great thanks to Marg Smith, Robert Benton and Charles Scrivener for all their time and effort in putting this together. As well, we will voting on nominations for your Executive and accepting nominations from the floor. We are in desperate need of a Secretary as our incumbent is retiring after the AGM. If you want further info on this opportunity, please give me a call at 250 248 7171.

And speaking of our upcoming meeting, we are also updating our communication methods; those with emails will be receiving information about the meeting via that medium. Those without emails and folks who have requested a phone call will continue to be contacted by phone. Please respond accordingly so we can get accurate numbers to our caterers.

Take a look at the Advocacy report in this newsletter. The Advocacy Committee will be having a busy year. A Provincial Election will occur in 2024 and

a federal one in 2025 (if not before). The committee will be undertaking planning to get our Associations priorities on each politicians' and Parties agendas. We are primarily an Advocacy organization and these Directors carry the leadership for this function on behalf of the Branch.

Future events include a B.C. District meeting in May and the National Association's All Member Meeting (AMM) in June. We will be represented at both these events.

I hope to see you at our AGM....keep an eye (or ear!) out for the notification.

Take care everyone!

Highlights from 2023 AGM Minutes.

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

Motion: *Penny moved that the finance report be accepted*, Charles Scrivener seconded, carried.

Penny then showed the Draft Budget for 2023.

Motion: *Christine Walker moved acceptance of the 2023 budget as shown*, Fran Graham seconded, carried.

Reserves: these are amounts set aside for non-recurring expenses. The template and amounts were shown on an overhead.

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.

Motion: *Charles moved that Penny Kanigan be awarded the President Long Service Award for 15 years of volunteer service*. Fran Graham seconded, carried.

Registrar – Jim Gahr. We had about 18 no shows today. We need to know why people are not showing up after committing.

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

In-house draw: \$300 was raised from the members attending the meeting. **Susan Body** won \$150 from the in-house draw. The remaining \$150 was deposited into our charity account.

Health and Benefits -

Copies of “**You and Your Survivor**” are available. It is also posted on our website <https://fedretirees-nanaimo.ca/seniors-information>. Penny will arrange for a seminar about Advanced Care Planning. About 20 members indicated they would like to attend.

“**My Voice**” – A provincial Advance Care planning guide regarding health care at end of life. Copies are available. These publications are available on our website <https://fedretirees-nanaimo.ca/seniors-information>.

Guest Speaker: Andrea Blakeman

Andrea Blakeman is a member of the Ballenas Housing Society which is a non-profit charity founded in 1990 providing safe, affordable and well-maintained housing for families and independent residents. 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.

BRANCH ADVOCACY

Marg Smith,

Branch Advocacy Liaison

Greetings and best wishes 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.



ADVOCACY GOALS FOR 2024

Meeting with Members of Parliament

One of our goals in 2024 will be to meet with two MPs (Lisa Marie Barron, Nanaimo-Ladysmith, and Gord Johns, Courtenay-Alberni) to discuss Federal Retirees advocacy priorities.

Another goal is to work with neighboring branches, where possible, to share activities. We have had success partnering with the Duncan and District Branch and will continue to look for partnership opportunities with the Duncan and the North Island Branches.

BC Provincial Election – 2024

B.C.’s next provincial general election is scheduled for October 19, 2024. The 2024 provincial election will be the primary focus of our advocacy work in the late summer and early fall. The Advocacy Committee will be developing an action plan to contact



Four members were recognized for their service to our Branch. Claudette M. Cadin-Curti 5 yr award, Rick Roberts President, Penny Kannigan 15 yr award, Elaine Alford 5 yr award, Les Stead 5 yr award

candidates and raise awareness of Federal Retirees advocacy priorities.

The 2024 election will be the first general election conducted under the Modernized Election Act.

New technology designed to make voting faster and easier will be used to administer the election. The changes include using electronic tabulators to count paper ballots and laptops to look up voters and cross them off the voters' list. You will still mark a paper ballot by hand to cast your vote, but instead of dropping the ballot in a box, you will feed it into a tabulator for counting. Once you have voted, election officials will strike your name off the voters' list electronically. This lets other voting places know who has voted so no one can vote twice. After voting closes, election officials will report results quickly by using electronic tabulators to count paper ballots.

The changes do not include online voting or using electronic voting machines.

There have been significant changes to the boundaries of the provincial constituencies that fall within our Branch boundaries, particularly in the Parksville-Qualicum area and in Nanaimo.

The names of the four constituencies that fall within our Branch boundaries are:

- Nanaimo-Lantzville (comprising areas currently in Parksville-Qualicum and Nanaimo)
- Nanaimo-Gabriola Island (comprising areas currently in Nanaimo and Nanaimo-North Cowichan)
- Ladysmith-Oceanside (comprising areas currently in Parksville-Qualicum and Nanaimo-North Cowichan)
- Mid Island–Pacific Rim (no significant boundary changes)

With these changes, the constituencies now known as Parksville-Qualicum and Nanaimo-North Cowichan will disappear.

NEW AND NOTEWORTHY

Canada-BC Bilateral Agreement (Home and Long-Term Care)

In February 2024, the Federal and BC governments signed an agreement to invest \$733 million over the next five years to provide improved access to home and community care and long-term care. The goal is to expand home and community care services, improve the availability of palliative and

end-of-life care, and improve the quality of long-term care services.

New B.C. Seniors Advocate

The B.C. government announced the appointment of Dan Levitt as the new B.C. Seniors Advocate to replace Isobel Mackenzie who will retire from the position on April 5, 2024.

Mr. Levitt has long been involved in seniors care and issues. Since 2021, he has been the CEO of KinVillage in Delta. Before that, he was the executive director of Tabor Village, a seniors' living facility based in Abbotsford, and held leadership positions in several BC- and Ontario-based senior-living and elder-care facilities.

Mr. Levitt is an adjunct professor of gerontology at Simon Fraser University, an adjunct professor in the school of nursing at UBC, and a sessional instructor at BCIT. He serves on the Board of the International Federation on Ageing and is a respected speaker on elder care and improving the lives of seniors.

Reports from the Office of the B.C. Seniors Advocate

1. Every Voice Counts: Long-Term Care Resident and Visitor Survey Results 2023

In November 2023, the Office of the B.C. Seniors Advocate released results from the second province-wide survey of thousands of long-term care residents and their family members.

The survey covered 297 publicly subsidized care facilities in B.C. and received responses from over 10,000 residents and almost 8,000 family members and close friends.

The survey results show there has been little improvement since the last survey in areas such as frequency of bathing, help at mealtimes, meaningful activities, and engagement with staff and other residents. The overall ratings of quality remain relatively unchanged. Despite these deficiencies, residents continue to give high marks to long-term care home staff for their skill, compassion, and ability to treat residents with respect.

2. Resourceful and Resilient: Challenges Facing B.C.'s Rural Seniors

In February 2024, the Office of the B.C. Seniors Advocate released a report summarizing the disproportionate challenges to healthy aging experienced by seniors living in B.C.'s rural communities.

The report looks at the differences between rural and urban seniors' populations and examines a range of services and supports to compare service levels between what is available in both rural and urban B.C. Overall, the report concludes that rural B.C. has a proportionately higher and faster-growing seniors' population with fewer resources and services when compared to the urban seniors' population.

The two reports are available on the B.C. Seniors Advocate website at: <https://www.seniorsadvocatebc.ca/>

John invited his mother over for dinner one evening. During the meal, she couldn't help but notice how attractive his roommate Judy was.

She had been suspicious of a relationship between her son and his roommate for quite some time, but this only made her more curious.

She watched the two of them interact over the course of the evening and began to wonder whether there was more between John and Judy than met the eye. Realizing only too well what his mother was thinking, John said, "I can see your wheels turning Mom and I know what you're thinking. Rest assured Judy and I are strictly roommates."

A few days later, Judy went to John and said, "You know the beautiful silver gravy ladle? Well, ever since your mother came to dinner I can't seem to find it. You don't think she would have taken it, do you?"

"I doubt it, but I'll write her a letter just to be sure," replied John. John then sat down and wrote his mother the following letter:

"Dear Mom,

While I'm not saying you 'did' take a gravy ladle from my house, and I'm not saying you 'didn't' take a gravy ladle, the fact remains that ever since you were here for dinner one has been missing.

Love, Your son."

Several days later, John received a reply from his mother which read:

"Dear John,

While I am not saying you 'do' sleep with Judy, and I'm not saying you 'don't' sleep with her, the fact remains that she would have found the gravy ladle by now if she were sleeping in her own bed.

Love, Mom."

PDSP vs CDCP

The following from the President's Corner in the Bulletin to Branches bears repeating.

"Frustrated members thinking of dropping the PSHCP in favour of plans offered by other providers should carefully compare the services offered and coverages provided by other plans. Members should also remember the government pays 50 per cent of the monthly contribution fee.

Members who opt out of the Pensioners' Dental Services Plan (PDSP) in order to join the Canada Dental Care Plan (CDCP) must understand they will not be able to opt back into the PDSP if they change their minds. Members should carefully consider the differences between the PDSP and the CDCP. We do not yet know what they are, but once we do, we will tell you."

Better than "Heh You"

Because he couldn't remember someone's name, Chuck Berry called everyone Jack. Zsa Zsa Gabor, who was once asked about her equally bad memory, replied, "Dahling, how do you think the 'dahling' thing got started.

When he was having a senior moment and couldn't place people, journalist Charles Michelson, FDR's speechwriter and publicity director of the Democratic Party for 30 years, used this ploy to avoid offending them. When a person asked, "Do you remember me?" he would always answer "Yes, and it turned out you were right, didn't it?"



Before you take me away, I just want to update my profile picture



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

Financial Report February 19 2024 - Penny Kanigan

Current chequing account	\$10,416.30
Savings Account	\$3,343.90
GIC investments #1	\$6,946.84
GIC investments #2	\$5,484.11
Total	\$26,191.15

The reserve amount for 2023 is \$16,800.00

One evening, an old farmer decided to go down to the pond, as he hadn't been there for a while. He grabbed a 5 gallon bucket to bring back some fruit.

As he near the pond, he heard voices, shouting and laughing. As he came closer, he saw it was several young woman skinny-dipping in his pond. He hollered hello, and they all went to the deep end. One of the woman shouted to him, "We're not coming out until you leave! "

The old man, frowned, " I didn't come down here to watch you, ladies swim naked, or to make you get out of the pond naked: holding the bucket up, he said, " I'm here to feed the alligator"! "



We collect donations (food or money) for the local Food Banks at each meeting. There will be a Collection Box at the Registration Desk to receive your gifts.

EVENTS 2024

DATE	EVENT	PLACE	VENUE	Meal	Cost
April 4	Annual General Meeting	Lantzville	Legion #257	Beef Dinner	\$30
May 30	Volunteer Lunch				N/C
September 26	General Meeting				
November 28	General Meeting				

MEMBERSHIP REPORT February 2024 - Pat Benton

Member Number Count

As of February 20, 2024, the Nanaimo and Area Branch has 1720 members.

NEW MEMBERS (27)

Arni Gislason

Brenda McAlpine

Carol Shaw

Donald & Lynette Gibson

Heather Anderson & Cheryl Constable

Jack & Janice Evans

Joanne & Erick Groot

John & Merrilee Tongela

John Candy & Carole Elder

Lee Kearey & Lorri Granum

Mark Lawson

Megan & Daniel Hurd

Paul Kypa

Roberta Mebs

Ronald Ingalls

Scott & Linda McVicar

Suzan Michielssen & Thomas Hickey

TRANSFERRED IN (13)

Allen M & Sophie Futcher

Cheryn Bogard

Elizabeth McKeown

G. Rick Saby

Gary & Carolyn Ousey

James & Dorothy Ann Brown

Paul J White

Rosalea Warkentin

WG Johns & Jeanette Randall

TRANSFERRED OUT (3)

Kenneth R. Harrach

Marcel & Susan Lavigne

In Memorium (29)

Andy Nelson, survived by Darlene

**Anthony (Tony) Antoniuk, survived by
Nina**

Bernie Lafrance, survived by Aase

Carol Spasnik

Dennis and Carole Walker

Diane F. Malley

Edward Davies

Eva MacKinnon, survived by John

Geoffery Braiser, survived by Maggie

George B Butler

George Wilton, survived by Barbara

**Geraldine (Gerry) Calthorpe, survived by
Kenneth**

Glen Poppe, survived by Diane

James (Jim) Whalen, survived by Sharon

James E. Diack

Joseph (Jean) Boily

Linda Wiltse

Peter Barker

Phyllis Gould

Robert (Bob) Willis, survived by Jeanette

Ron Lawson, survived by Camille

Sidney S Morton

Susan Murphy, survived by Robert

**Victor (Vic) Ashdown, survived by
Michelle**

Do You Know Where These People Are?

We have lost contact with the following members. If you know the whereabouts of any of the following or any other information, please let **Pat Benton** (membership) know at bentonpb1@gmail.com or the branch website, or any of the executive (contact info on last page).

Ken McLaren, Gerard Patrick Bolton, Edward C Weeks, Gabriel Plante, John G and June Peil, Jack Bradbury and Bea Hendrikson, Robert A Laws, Rosemary Trehearne, Ingrid M Morton, LLJ Lemieux, Carmen C Aziz, Jack K and Elizabeth Ann Smith, Dorothy E Coleby, Malcolm and Patricia Cavanagh, Phillip R and Sharlene Coss

**National Association of Federal Retirees
Nanaimo Executive, Directors & Volunteers 2024**

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			
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	mrgtsmth80@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 (acting)	Susanne Body	729-9588	sbody@shaw.ca
Director	At- Large	Larry Biccum	752-3485	lbiccum@hotmail.com
Director	At- Large	Bob Benton	780-242-9220	bentonpb1@gmail.com
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			
Phone Captain	Nanaimo	Fran Graham	585-8227	frances41@shaw.ca
Phone Captain	Nanaimo	Maureen Shakespeare	758-2833	lmshakes@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

