

# National Association of Federal Retirees

## September Newsletter 2024



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

Telephone: (250) 248-7171



### April Annual General Meeting 2024, Lantzville Legion

#### Next Meeting - General Meeting.

**Date/Time:** Thursday, September 26, 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:** 11:00-12:00

**Presentation:** 12:00 - 12:30 -

Bonnie Stableford - Oceanside Hospice Society

**Luncheon:** Ham dinner, Coffee, Tea & Dessert. Cost is \$35

**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: Reservation procedure now includes the option to pay for meal on-line.**

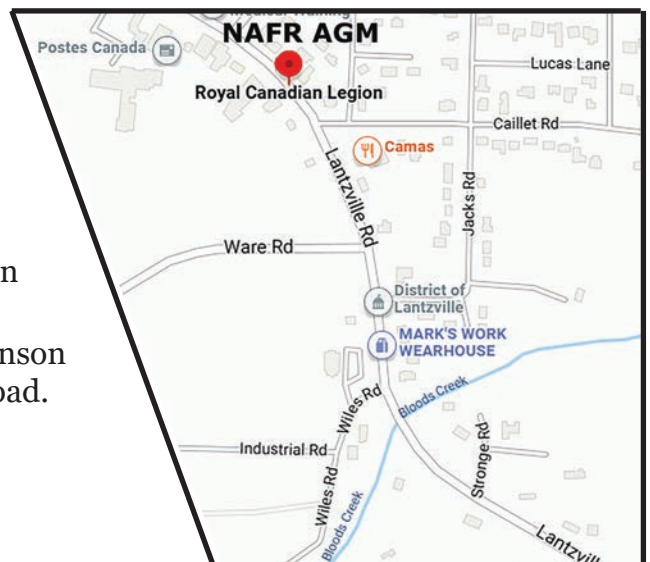
We will be canvassing members by email regarding their attendance at the September 26 GM. If you plan to attend you will be asked to fill out a short (3 min) survey indicating if you want to have a meal or not. Submitting this form indicates you will attend. Your local Federal Retirees volunteer will 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 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](mailto:scrivenercharles59@gmail.com).

**Cancellations:** To cancel, please call Rick Roberts, 250 248 7171.

The last date for cancellation to avoid billing is **Wednesday, September 18, 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.





**Rick Roberts**

I hope everyone has enjoyed a good summer...I am writing this report at the end of July where I have just enjoyed a few days of cooler weather though hotter weather is once again forecast for later on this week. I once

again attended the All Members Meeting of the National Association on your behalf June 18 and 19 in Gatineau Quebec....the following is a quick summary of this gathering:

**Travel:** it would not be a trip for me without some glitch....my flight to Ottawa was diverted to Thunder Bay due to a cracked windshield...causing a 5 hour delay in my flight meaning I landed in Ottawa at 3am...arriving at the hotel at 4am. In bed at 4:30...meeting started at 8.

**Overview:** won't go into too many specifics but our Association is in good shape financially and we have recently passed 170,000 in Association memberships.

**New Strategic Plan:** Much of the agenda was focused on discussion of the draft new strategic plan. The major disagreements centered around the new Mission and Vision; that is whether we should emphasize and strengthen the wording re our services to our Members and protection of our benefits rather than all Seniors in Canada.....there did not seem to be a consensus amongst the delegates. All comments on the draft plan were referred to the National Board of Directors for further discussion. An updated draft should arrive sometime this Fall with a final approval scheduled for next year's Annual Members Meeting.

**Special Committee on Association Restructuring:** has commenced its work...will be examining such items as Branch organization and structure and District (in our case B.C.) structure and purpose. Their report will also be submitted to next year's AMM but we can expect some interim reports along the way.

**Looking ahead to 2025 and beyond:** the Chair and Vice Chair put forward an interesting document looking at the Association 2025 to 2028 including some near term objectives:

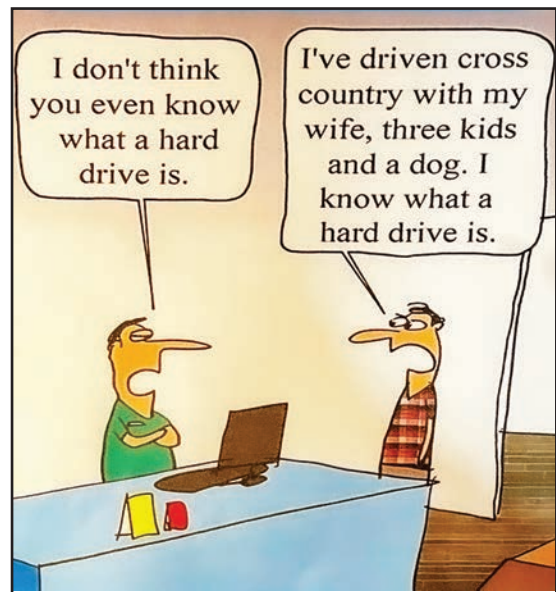
1. New Association structure

2. Negotiate improvements in the Public Service Health Care Plan and Dental Plan.
3. Become an advocate for the elimination of ageism.
4. Develop an overarching Advocacy Policy detailing roles and responsibilities for National, Districts, and Branches as they would relate to Federal, Provincial and Municipal governments.
5. Design a more suitable Association name (with the intent of attracting those still employed)

**Liaison with North Island Branch:** there will be a discussion starting in September with the Chair of North Island, our Provincial Advocacy Officer and ourselves to facilitate cooperation and partnership on Advocacy initiatives and a possible joint meeting of our Executives.

And a couple of local notes: as most will be aware by now, Ottawa has approved our new Bylaws as well as our name change to Mid-Island and Pacific Rim Branch. As I have stated previously, this change is to better recognize who we are as a Branch and where are membership resides and was approved unanimously by the attendees at our last AGM.

And finally, your Branch is still attempting to design a more efficient and effective registration system for our General Meetings. For those of you on email, you will be getting several notices from us on how to register for the September meeting. Please follow the instruction and let us know if you have any issues. Hope to see many of you on September 26th at the Lantzville Legion.



## Highlights of Minutes from the

Annual general meeting, April 4, 2024

The AGM was held at the Lantzville Legion, Lantzville, B.C.

### NEW BUSINESS:

**MOTION:** Rick read the motion to change our Branch name from "Nanaimo and Area" to the more inclusive name of "Mid-Island and Pacific Rim". Christine Walker moved and Andy Gilman seconded. Motion was carried.

**MOTION:** Penny moved the 2024 budget be approved as presented, Larry Biccum seconded, carried.

### Membership – Pat Benton.

The names of the 17 members who had passed on since our last meeting were read out. It was especially poignant to hear the names of **Linda Wiltsse, Vic Ashdown and Bob Willis**, all long term and committed members of the Executive. We observed a minute of silence.

### Awards:

5 Year Awards were presented to Margaret Smith, Christine Walker, Denis Dore, Beverly Gariety and Maureen Shakespeare.

15 Year Awards were presented to Judith Southern, Pat Buchanan and Beverly McKernan.



Award recipients present at meeting. L-R: Christine Walker, Maureen Shakespear, Judith Southern.

### Update to bylaws.

Rick thanked Jim, Marg, Pat, Bob, Charles and Larry who spent hours revising and updating the Branch Bylaws and Policy and Procedures. The motions to accept the changes must be moved by the Branch Executive (done), Members and Headquarters.

**MOTIONS:** Charles moved 4 motions.

1. That all wording "Nanaimo and Area Branch" in the March 2023 Bylaws be changed to "Mid-Island and Pacific Rim Branch" in the proposed new Branch Bylaws. Seconded by Maureen Shakespeare and the motion was carried.

2. That all changes of use for spacing, punctuation, dashes, capitalizations, pluralizing, symbols, bold fonts, numbering and the use of "the", "and", "or", "may", "an", "when", "ing" "for" and "any" be substituted as shown in the Proposed new Branch Bylaws in order to improve grammar, clarity and consistency. Seconded by Cal Davis and the motion was carried.

3. That all deletions made to the March 2023 Branch Bylaws be accepted for the proposed new Branch Bylaws. Seconded by Marion Pickton and the motion was carried.

4. That all references to Appendices in the March 2023 Bylaws be replaced by "in the Policies and Procedures". Seconded by Maureen Shakespeare and the motion was carried.

**MOTION:** Charles moved that the Revised Bylaws be accepted and updated. Christine Walker seconded and the motion was carried.

### POLICIES AND PROCEDURES:

**MOTION:** Larry moved that the current Policies and Procedures be replaced with the revised version presented on the overhead. Christine seconded and the motion was carried.

**MOTION:** Larry moved that the updated Mid-Island and Pacific Rim Branch Policies and Procedures be accepted as presented. Seconded by Maureen Shakespeare and the motion was carried.

**ELECTIONS:** Andy Gilman presided over the elections of Executive.

1. Vice-President Christine Walker was acclaimed.
2. There were no candidates for the position of Secretary.
3. Directors Pat Benton, Robert Benton, Fran Graham and Jim Gahr were up for re-election.

Carol Gregson and Jim Brown were new candidates for Director. Jim Brown has since resigned. All were elected to office by the members present. Andy administered the Oath of Office.

The reason that worry kills more people than work is that more people worry than work. Robert Frost



Elected to office. L-R: Jim Brown, Christine Walker, Jim Gahr, Pat Benton, Robert Benton, Fran Graham, Carol Gregson

### 50/50 DRAW.



Fran Graham

Rose Mary Pettigrew

The total raised in November 2023 was \$300.00. Susan Body won \$150.00 and \$150 went to our charity fund. The total raised in April 2024 was \$267.00, of which \$134.00 goes into our Charity Account for distribution in December. Two prizes of \$66.00 and \$67.00 went to Fran Graham (ticket #502386) and Rose Mary Pettigrew (ticket #506037).



Flowers were presented to our retiring Secretary, Sheila Wilson.

We collected \$190.00 in donations for the Food Bank.

## BRANCH ADVOCACY

### Marg Smith,

Branch Advocacy Liaison

Best wishes to all our members 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 ACTION

### Meeting with Member of Parliament

In April, Branch Vice-President Christine Walker and Marg Smith, Advocacy Liaison, met with Nanaimo-Ladysmith MP Lisa Marie Barron.

The meeting focused on long-term care, support for carers, and retirement income security. There was an excellent discussion about the priorities of Federal Retirees and the NDP for seniors. The meeting concluded with the commitment to exchange information on issues of importance to our members.

### BC Provincial Election – 2024

B.C.'s next provincial general election is scheduled for October 19, 2024. Our advocacy work now focuses primarily on this election.

Four constituencies are within our Branch boundaries.

- 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)

The Advocacy Committee has been meeting during the summer to develop an action plan for contacting candidates. We hope to meet with as many of the nominated candidates as possible. To begin this process, we are writing to the candidates to introduce our association and priorities and request a meeting.

Look for emails from the Advocacy Team at Feder-

al Retirees National Office in September/October with information on how to become involved by using an on-line tool to write to the candidates in your constituency.

### **Labour Day Picnic**

Once again, the Mid-Island and Pacific Rim Branch, along with the Duncan and District Branch, will host a table at the 2024 Nanaimo Duncan and District Labour Council Labour Day Picnic to be held at Transfer Beach, Ladysmith on Monday, September 2, 2024.

The Picnic is a great opportunity to speak with the many candidates attending.

### **Nanaimo Seniors Health and Wellness Fair**

The Branch will host a table at the Nanaimo Seniors Health and Wellness Fair on Thursday, October 24, 2024, from 10:00 a.m. to 3:00 p.m. at the Beban Park Social Centre in Nanaimo. Stop by our table; we'd love to speak with you.

### **NEW AND NOTEWORTHY**

#### **BC Seniors Advocate Report -- Ageing Matters: Listening to B. C. Seniors**

A report released on June 5, 2024, by the Office of the Seniors Advocate reaffirms that BC seniors on fixed incomes are disproportionately impacted by the high cost of living and unable to absorb increased costs for housing, food, medical equipment, mobility aids and other necessities for healthy ageing.

The report recommends the government take the following immediate actions:

1. Provide immediate financial relief for low-income senior renters by redesigning the Shelter Aid for Elderly Renters (SAFER) program so that seniors' rents are 30% or less of their income and rent ceilings are adjusted to reflect the current reality of the rental market.
2. Increase the amount of the BC Seniors Supplement and index it to inflation, consistent with other government income supports for seniors like CPP, OAS and GIS.
3. End the daily rate charge for home support -- a financial barrier for seniors.
4. Provide a shingles vaccine program at no cost to BC seniors.
5. Develop and implement a cross-ministry strategy and action plan for seniors with key targets

and performance measures with annual public reporting on performance.

#### **BC Seniors Advocate Report -- Forgotten Rights: Seniors Not Afforded Equal Rent**

The BC Seniors Advocate's report released on July 4, 2024, focuses on the practice of many landlords to ignore the Residential Tenancies Act (RTA) and leave seniors facing annual cost increases ranging from the rate of inflation to as much as 24%.

The report provides many examples of seniors living in independent living units being denied their right to the protection of the regulated annual allowable rent increase. In some cases, the landlord has argued the RTA does not apply to the tenant. In other cases, the landlord's position is that the RTA only applies to rent, not the mandatory monthly fees for services such as meals and housekeeping.

The report notes some seniors facing unaffordable fee increases have tried to opt out of receiving meals and weekly housekeeping but pay their rent increase and were issued an eviction notice by the landlord.

The report called for the BC government to enforce the RTA's rent and service cost protections for seniors living in independent units.

Since the report's release, the BC government has stated that seniors' independent living units are subject to the RTA. It also recognizes that rent and mandatory service fees are subject to annual limits on rent increases, which must be enforced consistently.

Read both reports at <https://www.seniorsadvocatebc.ca/reports/>

#### **Guest Speaker:**

**Sharon Speevak** presented information on the Elder Dog group, "PAWDS". This is a national and local group with groups in Nanaimo and Qualicum. This is a volunteer run non-profit. Its aim is to assist seniors who have dogs with aging in place, helping to create 'Age Friendly' communities. On Facebook they are elderdog.nanaimo, website [www.elder-dog.ca](http://www.elder-dog.ca).





**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 August 23 2024 - Penny Kanigan**

|                    |             |
|--------------------|-------------|
| Working Balance    | \$15,595.51 |
| GIC investments #1 | \$7,205.10  |
| GIC investments #2 | \$5,687.99  |
| Total              | \$26,191.15 |



**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.**

A nice, calm and respectable lady went into the pharmacy, right up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."  
 The pharmacist asked, "Why in the world do you need cyanide?"  
 The lady replied, "I need it to poison my husband."  
 The pharmacist's eyes got big and he exclaimed, "Lord have mercy! I can't give you cyanide to kill your husband! That's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"  
 The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.  
 The pharmacist looked at the picture and replied, "Well now. That's different. You didn't tell me you had a prescription."

## MEMBERSHIP REPORT February 2024 - Pat Benton

Member Number Count

As of August 20, 2024, the Nanaimo and Area Branch has 1701 members

### **NEW MEMBERS (26)**

Naill Berry & Yuling Liu, Nanaimo  
Lise Black, Coombs  
Christina Caleb, Qualicum Beach  
Michael & Colleen Chomeakwich, Port Alberni  
James & Eileen Fleming, Nanaimo  
Jennifer Forbes & Dean Wilson, Port Alberni  
C.David Hill, Nanaimo  
Rob Mathewson & Shelley Gerber, Parksville  
Roger & Mildred Pick, Parksville  
Barry Red Iron & Maria Klee, Errington  
Lozada Rubiano, Miguel, Nanaimo  
Shari Schiefele, Nanaimo  
Susan Stevenson, Nanaimo  
Diane Tobin, Parksville  
Marlene Toivonen, Nanaimo  
Ann & Mark Turner, Qualicum Beach  
Paul Watson, Nanaimo  
Corinne Wright, Parksville

### **TRANSFERRED IN (15)**

Dan & Jean Bazowski, Nanaimo  
Beverly Evans, Qualicum Beach

Iona Doreen Evans, Parksville  
Donald Geistlinger, Port Alberni  
Donald & Doris Miller, Qualicum Beach  
John G Petrovich & Kathryn Babiski, Nanaimo  
Bernice & Robert Rennie, Nanaimo  
Chris & Kim Sheehan, Qualicum Beach  
John & Sandra Taylor, Qualicum Beach

### **TRANSFERRED OUT (17)**

William & Kim Borthwick, Parksville  
Joseph & Patricia Chassie, Qualicum Beach  
Sharon & Curry Cochrane, Parksville  
Donald Ferguson, and Madeline Sands, Nanoose Bay  
George Janes, Qualicum Beach  
William and Lynda Kalbflesch, Nanaimo  
Roger & Hazel Knutton, Chemainus  
Ronald & Laurie Selin, St. Albert  
Katherine Wilson, Parksville  
Deb Zajonskowski, Nanaimo

### ***In Memorium (29)***

**Elaine Alford, survived by Robin**  
**Jim Arnold, survived by Carolyn**  
**Louis Brassard**  
**Ronald Buck, survived by Betty**  
**John Coady, survived by Gillian**  
**Lolita Cosier**  
**John England, survived by Margaret**  
**Roudolf Eppler, survived by Deanne**  
**Richard Evans, survived by Beverly**  
**Cornelius (Kees) Groot**  
**survived by Donnie**

**Donald C Hagel, survived by Beverly**  
**Clayton Hamilton**  
**George McDonald, survived by Elaine**  
**Dwayne Mclean**  
**Nancy Panton**  
**Nigel Ross Paterson, survived by Cheryl**  
**Jack W Payne, survived by Lorraine**  
**Edward Perry, survived by Corinne**  
**Verna Pinard**  
**George Randall, survived by Barbara**  
**Caryl Wylie, survived by Bruce**

**Please make sure your information is updated on the National website, if you have problems, Pat Benton can help.**

### EVENTS 2024

| DATE         | EVENT           | PLACE      | VENUE        | Meal          | Cost |
|--------------|-----------------|------------|--------------|---------------|------|
| September 26 | General Meeting | Lantzville | Legion 257   | Ham dinner    | \$35 |
| November 28  | General Meeting | Parksville | Tigh Na Mara | Turkey Buffet | TBD  |

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

| <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               | Vacant              |                 |                              |
| Exe                 | Treasurer               | Penny Kanigan       | 760-0929        | pennykanigan@shaw.ca         |
| Exe                 | Past President          |                     |                 |                              |
| <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        | 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               | Vacant              |                 |                              |
| Director            | At- Large               | Larry Biccum        | 752-3485        | lbiccum@hotmail.com          |
| Director            | At- Large               | Bob Benton          | 780-242-9220    | bentonpb1@gmail.com          |
| Director            | At- Large               | Carol Gregson       | 228-3510        | cmgregsonbc@gmail.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         |                     |                 |                              |
| 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           |