

FSNA Quarterly Newsletter

Nanaimo & Area Branch

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October 2012

Tel: (250) 468-0260
Website: <http://www.fsna-nanaimo.org>



Next Meeting

Date/Time: Thursday, November 22, 2012 , Meeting starts 1100 AM.

Location: Tigh-Na-Mara Resort and Conference Centre, 1155 Resort Drive, Parksville, B.C.

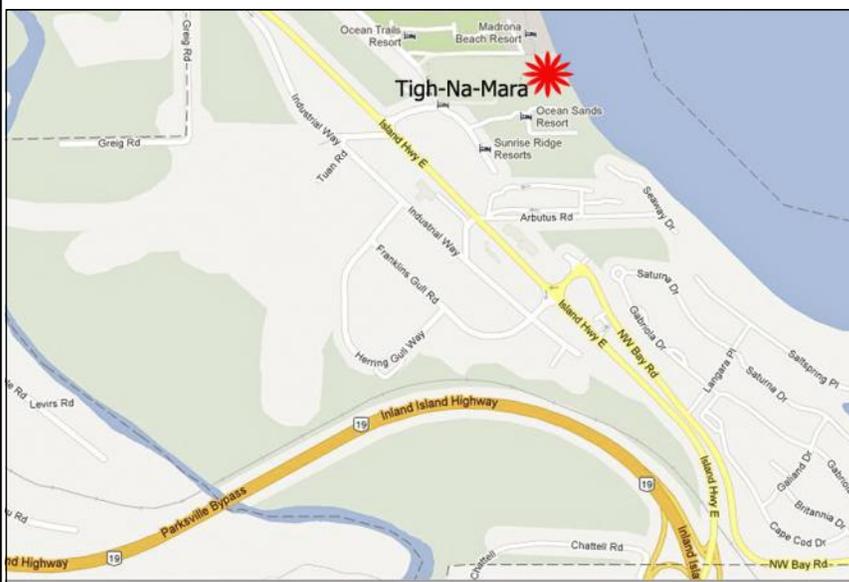
Directions: Resort Drive is 1.5 km West on W. Island Highway from Exit 46 on Inland Highway 19. Turn right onto Resort Drive. Tigh-Na-Mara Resort is 170 meters off the Highway.

Meeting/Lunch: Doors open at 10:00 AM. There will be a short business meeting at 11:00 AM followed by a Luncheon Buffet including -

Freshly Baked Breads, Rolls & Whipped Butter, Mixed Greens with Raspberry Vinaigrette Crisp Vegetable Platter with a Creamy Dill Dip Roasted Herb Crusted Turkey with Sage, Apple & Onion Stuffing Roasted Potatoes Honey & Dill Glazed Brussels Sprouts & Carrots Cranberry Sauce & Rich Gravy. Dessert includes Steamed Christmas Pudding with Vanilla Cream, Mincemeat Tarts, Christmas Cookies. Freshly Brewed Regular & Decaffeinated Coffee & Assorted Teas.

Cost, including gratuities and tax, will be \$20.00 per person, payable at the door on arrival.

Reservations/Cancellations: Your local FSNA volunteer will phone you to ask whether you plan to attend the lunch. If you confirm your attendance, please be aware of our cancellation policy. The Branch is required to pay for all meals ordered on your behalf; therefore, if you subsequently are unable to attend, you must cancel your reservation to avoid being charged for the meal. To cancel, please call **Susanne Body at 250-729-9588**. The last date for cancellation to avoid billing is Thursday, November 15

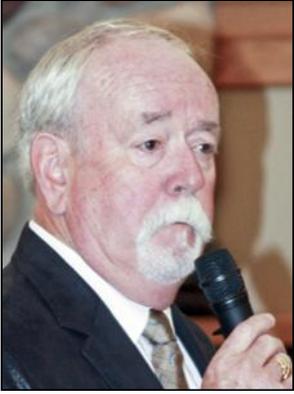


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Don't Forget to Wear



(Interim) President's Message - October 2012



Acting Pres. Bob

Effective August 1st, 2012, President Rene Marchand resigned for personal reasons.

With the support of the Branch Executive and Board of Directors, I have been busy establishing contacts with the British Columbia Presidents and the National Office, and basically learning the nuances of President.

Both National Office and our National Director, Al Heinrich, have been patient and willing to answer my "rookie" questions. I must also note that Rene Marchand has offered his unconditional support and offered to provide assistance whenever I call on him.

However, after three months in the position, I am comfortable that our Branch is stable and moving forward.

Several items have taken a fair amount of my time in the past weeks, most noticeably the Report from the Dues Committee, and the proposals put forward by the By-Law Review Committee that have to conform to Bill C4 by the 17th of October, 2014.

Representatives from our Branch, namely Penny Kanigan, Secretary, and Ken Jones, Treasurer, and I, attended meetings in Duncan and again in Chilliwack in September of this year. The purpose of those meetings was to examine both the Dues Committee proposals and those of the By-Law Review Committee.

However, there are also pressing issues at the Branch level, namely the recruitment of new volunteers to "back-up" our Board Members, or to assume other duties within the Branch. At the moment, we are in need of a Telephone Director. We did have an individual step forward and volunteer to assume the position, however, ill health at the moment required his withdrawal. Vic Ashdown is actively seeking other individuals to fill the position, but at this time I have not received a confirmation of his success.

We have a great team working for our Members, and we wish to continue to do so.

We need your help, please Volunteer.

I extend an open invitation to anyone who may consider joining our Board of Directors as a vol-

unteer to attend one of our meetings and observe how we function.. It is my intent to promote a "Mentoring" program whereby anyone who joins the Board will work with a Director of a specified position (unless prior experience is evident) and learn the duties of that or any other position on the Board. The time commitment is minimal, the wages are non-existent, but the satisfaction of assisting our members, our friends, our colleagues, is immeasurable.

Contact myself, or any member of the Board, to set up a meeting that is agreeable to your schedule.

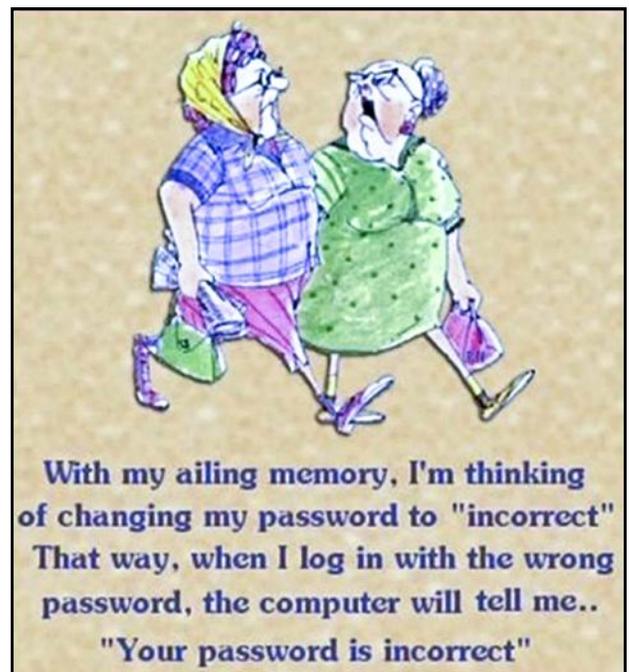
I consider our General Meeting of September 20th, 2012 to be a huge success, in terms of sharing of information, enjoying a splendid Guest Speaker, and of course the meal provided by the staff at Tigh Na Mara. Of note is the fact that our Branch has one of the highest turn-outs to Meetings in the whole of British Columbia.

Our next General Meeting in November will again be held at Tigh Na Mara as a result of our Program Director striving to receive best value for our/your money. More information is contained in this Newsletter.

It is my goal that in the future, our Members of the Board, one per issue, will provide an overview of their duties and functions in this Newsletter platform. Perhaps then we might see more volunteers stepping forward to help us continue to provide assistance to all our membership.

Respectfully submitted:

Robert (Bob) Willis, A/President BC05 Nanaimo and Area Branch.
October 2012



General Meeting Sept. 20, 2012



Volunteers greet members and relieve them of their dollars.

After calling the meeting to order, Acting President **Bob Willis** asked new members to stand and be recognized.



New Member Bob Baxter introduces his wife Gail.



Acting President Bob Willis greets member Louis Curti (2008), attending for the first time.

Al Tully explained to the members that the venue for the Christmas luncheon has been moved. Our Christmas luncheon and General Meeting has usually been held at the Coast Bastion, but this year the cost has increased significantly and therefore the event will be held at Tigh Na Mara Resort with a cost of \$20.00 per member. Meal will be turkey (real) with all the fixings. Al noted that he is having some difficulty finding venues that will accommodate 150+ at a reasonable price.

“No shows” - if you say you will be attending the luncheon portion of the Meeting you must pay whether you come or not because FSNA will be billed for your meal, and this includes the Volunteer Luncheon as well. You need to let us know!

To date, Al has received zero responses to his letters requesting payment for meals booked by members. A stronger letter will be forthcoming.

Volunteer luncheon - Al is presently looking for new caterers.

Members recognized



Members Maxine Howse and Richard Henderson, both won gold and silver medals at the BC Seniors Games in Burnaby this year. Congratulations to you both!!



Sherwood Moore was recently awarded the **Queen's Diamond Jubilee Medal**. This medal is tangible recognition for the many volunteer hours Sherwood spent serving his community.

Well done!

Thanks Rene!



Rene Marchand tendered his resignation over the summer. Vice-President, Bob Willis, will serve as Interim President until elections are held. The Board thanks Rene for his service over the years and a hearty round of appreciation ensued. Rene's meal expense was covered.

By-law Review and Dues Committee

A/Pres Bob gave a brief overview of the activities currently underway by the Focus Group - these groups are active in every Province. There will be another session September 28 and 29th, 2012, in Chilliwack, BC.

Al Heinrich, previous President of our Branch and now the National Director for BC took the podium.

Al represents 15 Branches in BC and 1 in the Yukon. He is a member of the Audit Committee which is responsible for reviewing the National Budget. This Committee identified that there be a possible liability issue re HST/GST. As a result of legal consultation,



FSNA has been assessed a tax payment of approximately one million dollars (2008 to present) - payment of the tax was triggered by the Affinity Program benefits. If the resultant benefit is more than 30% of your membership dues (say \$40.00) then Revenue Canada says you need to pay HST/GST. The tax has been paid, interest waived by CRA, and FSNA will be appealing the ruling.

Al explained that he was an attendee, by invitation, to the Executive Committee Meeting and a presentation by the By-law Review Committee updating the progress made with respect to Bill C-4.

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Program - Safer Driving for Seniors Older & Wiser

Alan Perry, Vice-Chair for the Capital Regional District Traffic Safety Commission, gave an



entertaining, dynamic and informative presentation at our September meeting. He left us with much to think about.

He pointed out that seniors, like young drivers, are more often involved in vehicle crashes than younger drivers over 25 yrs with experience. Seniors involvement in fatal crashes increases significantly beyond 70 yrs of age. This is related to the effects of aging, including a reduction of strength, coordination, and flexibility, which can have a major impact on your ability to safely control a car.

Reaction times slow down with age and our ability to deal with the multiple activities is compromised with age. Mr. Perry explained that multitasking is really the rapid shifting from one activity to another. This is slowed as we age, reducing our ability to keep track of road signs, signals, other traffic and pedestrians.

Many of us have driven our whole life with a



great safety record. As we age it is critical to understand how our driving ability changes, to be aware of our changing abilities and keep an open mind when other voice their concerns.

Many of us have gradual changes in our abilities which

eventually lead to unsafe situations while driving. We need to be aware of warning signs and understand that cumulating minor issues can add up to substantial risk.

Issues with health

Health problems don't always mean that driving needs to be stopped, but they do require extra vigilance, awareness, and willingness to correct them. Some health problems include:

- **Conflicting medications.**
- **Eyesight problems.**
- **Hearing problems.**
- **Problems with reflexes and range of motion.**
- **Problems with memory. Issues on the road**
- **Trouble with the mechanics of driving.**
- **Close calls and increased citations.**

Aging does **not** automatically equal total loss of driving ability. There are many things you can do to continue driving safely, including modifying your car, the way you drive, and understanding and rectifying physical issues that may interfere with driving.

Take charge of your health

Regular check-ups are critical to keep you in the best possible driving shape. Other steps you can take include:

- Get your eyes checked every year.
- Have your hearing checked annually.
- Talk with your doctor about the effects that ailments or medications may have on your driving ability.
- Sleep well. Getting enough sleep is essential to driving well.



It's important to use a vehicle in good working condition, preferably with automatic transmission, power steering, and power brakes. An occupa-

tional therapist or a certified driving rehabilitation specialist can prescribe equipment to make it easier to steer and operate the foot pedals.

Driving defensively is always good practice. Avoid distractions like fiddling with gadgets like cell phones, music players and GPS displays while driving, instead pull off the road.

Adjusting your driving habits to match your limitations can extend safe driving for years. If a driving situation makes you uncomfortable, don't do it. For instance, you may decide to drive only during daylight hours if you have trouble seeing well in reduced light. You may also decide to avoid driving in bad weather (rain, thunderstorms, snow, hail, ice). If you are going to a place that is unfamiliar to you, it is a good idea to plan your route before you leave so that you feel more confident and avoid getting lost.

If relatives, friends, or others begin to talk to you about your driving, **listen to them**, it may be time to take a hard, honest look at your driving ability:

Talk to your doctor. Your doctor should also be able to provide an opinion about your ability to drive safely, or refer you to a specialist for more intensive evaluation.

At a nursing home in Victoria, a group of Senior Citizens was sitting around talking about their ailments: "My arms are so weak I can hardly lift this cup of coffee," said one. "Yes, I know. My cataracts are so bad I can't even SEE my coffee," replied another. "I can't turn my head because of the arthritis in my neck," said a third, to which several nodded weakly in agreement. "My blood pressure pills make me dizzy," another said. "I guess that's the price we pay for getting old," winced an old man as he slowly shook his head. Then there was a short moment of silence. "Well, it's not that bad," said one woman cheerfully. "Thank God we all can still drive!"

Old Age Security (OAS) and Canada Pension Plan (CPP) - Payment Dates

Old Age Security and Canada Pension Plan payments are automatically deposited into bank accounts in Canada and the United States on the following dates in 2012:

November 28

December 20



Front Row, left to right: Charles Scrivener, Leroy Wood, Susanne Body, Penny Kanigan
 Back Row, left to right: Vic Ashdown, Rene Marchand, Ken Jones, Al Tully, Ian Williams, Al Heinrich and Acting President Bob Willis.

Branch Financial Report - Ken Jones



Canadian Western Bank Reconciliation October 22, 2012

Current Assets		Canadian Western Bank Statement 31/08/2012	
Total Cash	\$ 5957.95	Current Balance	\$ 6036.21
Minus Petty Cash	\$ 100.00	Ass outstanding deposit	\$ 52.76
		Sub Total	\$ 6088.97
		Minus outstanding cheques	\$ 231.02
		Sub total	\$ 5857.95
Total Cash	\$ 5857.95	Total Cash	\$ 5857.95

22 October 2012

Actual Cash on Hand	
Total Cash Balance	\$ 5857.95
Liabilities Per Capita 2013/Minus	\$ 7.00
DDS 2013	\$ 32.00
2013 dues paid at branch	\$ 8.00
Minus sub total	\$ 47.00
Total Cash on Hand	\$ 5810.95

Membership Report



As of October 18th, 2012, the Nanaimo and Area Branch had 1916 members comprising 1289 retirees and 627 spouses. Of the 1289 retirees, there are 1118 on DDS and 171 pay at Branch. Since the last Report (August 17th), the following changes have taken place:

New or Reinstated Members (9)

Filomena & Luigi Cavezza
Darlene Gillespie
Shayne MacLellan
Evelyn Morrissette
Gina & Archie Prospero-Porta
Kathryn Rutherford
Greg Workman

Transferred In (2)

W & Elizabeth Todd, from BC03 Duncan & District

Transferred Out (2)

Anne Eggleston, to BC13 Kootenay
Peter Toft, to BC09 Victoria-Fred Whitehouse

Membership Cancellations (1)

Jim Corder

In Memoriam (8)

Virginia Bond
Ray Fournier, survived by partner Leslie Keck
Robert Hastings, survived by wife Vilma
Kurt Holthusen
Evan Petley-Jones
Joyce Smith, survived by husband John
Christine Walker
Eira Rockliff, survived by husband Jim

Lost Sheep (2)

Art & Connie Goguen, Qualicum Beach

Changes In Membership Dues

FSNA has been informed by the Canada Revenue Agency (CRA) that the Association is required by law to collect and remit the goods and services/harmonized sales tax (GST/HST) on all membership dues (see page 1 of the Fall 2012 ON GUARD for details). Therefore, dues for 2013 are now **\$50.04** for Double (\$4.17 per month), **\$38.04** for Single (\$3.17 per month) and **\$17.04** for Associate.

2013 Dues – Billing (Non-DDS Paid At Branch)

For those members paying dues at Branch, invoices for 2013 dues will be in the mail to you during the first week of November. Due date is December 31st, 2012. Members are reminded that this is the only invoice that they will receive. Memberships still unpaid on April 30th, 2012 will be cancelled.

National Recruitment Campaign 2012/2013

The national Recruitment Campaign mentioned in the last Newsletter has been delayed – the 2012 mail-out will now take place in late November. If you receive such a package, you should ignore it unless you wish to use the application form to apply for DDS.

Vic Ashdown

[This Newsletter is Available on Our Website!](#)

This Newsletter (and those for the past nine years) is available on our website at the link: <http://www.fsna-nanaimo.org/html/newsletter.html>

Over half our members have been viewing the Newsletter on the website rather than receiving it by post. If you have Internet access but are currently receiving your Newsletter by ‘snail mail’, you are urged to consider reading it electronically.

The advantage to you is that the Newsletter will be available to you in full colour about a week earlier and you will be able to access it quickly at any time (or download it to your computer if you wish). The advantage to the Branch is that we save about \$6.00 annually per household in printing and mailing costs.

If you wish to view the Newsletter this way, please email Vic Ashdown, the keeper of the membership database, at ashdown@shaw.ca and tell him you wish to go on “ENEWS”. He will amend the database to cancel your mailed copy and Ian Williams, our Newsletter Editor, will send you an email notification each time a new issue is available on the website.

Save paper and stamps by going “ENEWS”

FSNA Nanaimo Executive, Directors & Volunteers 2009

Class	Position	Name	Phone	Email
Executive			All 250	
Exe	President (Acting)	Bob Willis	468-0260	willisbob@shaw.ca
Exe	Vice-President			
Exe	Secretary	Penny Kanigan	760-0929	pennykanigan@hotmail.com
Exe	Treasurer	Ken Jones	586-5002	casper6@shaw.ca
Exe	Past President	Rene Marchand	753-1657	bendawn@islandnet.com
Directors				
Director	Membership Director	Vic Ashdown	248-2027	ashdown@shaw.ca
Director	Membership Secretary	Doris Grieves	716-1952	dgrieves@shaw.ca
Director	Awards/Speakers/Hist.	Charles Scrivener	758-2240	scrivener@shaw.ca
Director	Newsletter Editor	Ian Williams	758-0954	williv@telus.net
Director	Program Director	Al Tully	740-0306	altully@shaw.ca
Director	Health & Benefits	Leroy Wood	758-0078	woodsie@shaw.ca
Director	Health & Benefits			
Director	Telephone Director			
Director	Director Registration	Susanne Body	729-9558	sbody@shaw.ca
Dir. At Large	Special Projects			
Coordinators				
Area	Parksville	Harold Goodman	248-3269	
Area	Port Alberni	Marg Pierce	723-9791	
Area	Qualicum Beach	Sherwood Moore	752-1048	
Area	Tofino/Ucluelet	Sandy Henry	726-7086	macfunnelcover@telus.net
Cards	Nanaimo & Area	June Wiebe	756-4873	juneldo@shaw.ca
Cards	Parksville/Qualicum	Michelle Ashdown	248-2027	ashdown@shaw.ca
Cards	Port Alberni	Marg Pierce	723-9791	
Nominations	Committee Chair	Bob Hoogerbrug	751-8735	r-choog@shaw.ca
Com	Special Projects	Jim Gahr	754-0989	heidleberghound@shaw.ca
Hospital Visit	Nanaimo Area			
Hospital Visit	Parksville/Qualicum Area	Harold Goodman	248-3269	
Phone Captain	Nanaimo	Anne Elphick	751-2993	aelphick@shaw.ca
Phone Captain	Nanaimo	Bertha Nixon	758-0378	
Phone Captain	Nanaimo	Liz Barker	756-9643	lizpeterbarker@telus.net
Phone Captain	Nanaimo	Marion Rivers	758-9783	merivers33@shaw.ca
Phone Captain	Parksville/Qualicum	Marjorie Rose	586-7007	marjoriebrose@shaw.ca
Phone Captain	Parksville/Qualicum	Michelle Ashdown	248-2027	ashdown@shaw.ca
Phone Captain	Port Alberni	Marg Pierce	723-9791	