

National Association of Federal Retirees

Quarterly Newsletter



Nanaimo & Area Branch
PO Box 485, Lantzville, BC V0R 2H0

March 2017
Tel: (250) 586-7718



November, 2016 - General Meeting held at Tigh-Na-Mara - 147 attendees

Next Meeting - Annual General Meeting

Date/Time: Thursday, March 23, 2017 .

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

Location: Quality Resort Bayside, 240 Dogwood St, Parksville

Directions: Turn North onto Alberni Hwy 4A from Inland Highway 19 (Exit 51). Dogwood St. is 900 metres West from the junction of Alberni Hwy and W. Island Highway (19A). Turn North onto Dogwood St. Bayside Resort is 130 meters off the Highway.

Business Meeting: 11:00-12:00

Presentation: 12:15 - 12:45

Ewen Harvie is speaking on Social Media and Seniors.

Luncheon - Buffet with Parmesan Chicken, Beef Lasagna, Caesar Salad, Vegetables, Buns, Coffee, Tea, and Dessert. Cost is \$25

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 **250-933-1156**. The last date for cancellation to avoid billing is **Sunday, March 19, 2017**. Name tags will be available at the meeting.



EVENTS 2017

DATE	EVENT	PLACE	VENUE	Meal	Cost
March 23	Annual General Meeting	Parksville	Bayside Resort	Chicken / Lasagna Buffet	\$25.00
May 11	Volunteer Luncheon	Lantzville	Legion	Chicken / Roast Beef	N/C
June 22	General Meeting	Nanaimo	TBA	TBA	TBA
September 28	General Meeting	Nanaimo	TBA	TBA	TBA
November 23	General Meeting	Parksville	Tigh-Na-Mara	Turkey Buffet	TBA

President's Message for March



by National Office with start noon 25 to noon 26 May. If you have suggestions for the agenda on the first day, please forward them to me and I will send them on to the organizers.

AMM in Ottawa is happening on June 14-June 16. Arrival day is 13 June and departure day is June 17, 2017. In the February Bulletin when it comes out will have all the registration information for the AMM 2017

General Meeting – November 24 , 2016

The meeting was called to order at 11:00 AM by the President, Ken Jones.

Excerpts from Minutes of General Meeting November 24 , 2016

Marian Pickton - Recording Secretary

The minutes of June 23, 2016 were circulated and also posted on the over-head screen.

Ken Jones moved that the Minutes of June 23, General Meeting be accepted as presented.

Seconded by LeRoy Wood. Motion carried

Reports

President's Report - Ken Jones

- Highlights of the report include meeting with the other 4 Island branches; where the discussion topics were advocacy, recruitment of new members, retaining the volunteers, training and marketing.
- Ken stressed how our branch had a wealth of knowledge in our members and invited anyone who wished to attend a Board meeting on the 3rd Thursday of the month September to June, at St Phillips by the Sea Lantzville at 10 am. He also welcomed calls from any members.
- The National Board of Directors would be meeting in Ottawa, November 29 to December 1st where one of the items for discussion would be Bill C-27. The Strategic Plan is on track.
- Ken asked if anyone had received an e-mail from jsmith@log.ca, no one had, He informed the members that the message is from the National Association of Federal Retirees requesting that they complete a volunteer or



These are starting to come out of the ground even with the amount of snow we have received. These flowers share their beauty and make our days brighter and full of wonderful adventures in the coming months.

There are many things happening in the coming months. Our Telephone Director is taking a leave of absence until September 2017. We will keep Marian in our thoughts and look forward to her return in September.

On the financial scene, we have heard that year 2015 is closed and we are close to having year 2016 closed. Our audit will be taking place on Valentines Day and I wish everyone a Happy Valentines day. I will give an update on the audit on Thursday.

Chilliwack Regional meeting is happening on 24-25 May 2017 and we can send 3 delegates departing on May 23 and returning noon 26 May. Meeting starts on noon 24 to noon 25 BC/ Yukon agenda and then the pilot training session

member survey. He encouraged every one to do so.

- Ken closed by wishing every one a Merry Christmas and Happy New Year.
- Report moved as accepted.

Health and Benefits – Sharon Whalen

- Sharon reported that she still has some Estate booklets for sale at \$5.00 each.

Historian – Charles Scrivener

- Charles explained how the 20-year history of the branch was completed in 2002 and he has been working on the next decade and a half 2003 – 2016. It will be ready March 2017.

Correspondence – Ken Jones

- All members should be receiving an email indicating that we now have 2 new preferred partners. Tradex and Simply Connect. Please go to the Association website for more information.

New business

- With the new Not-For-Profit Act of 2014, all Branch funds had to be “allocated”, or in other words held for a purpose of maintaining a Branch. Excess funds had to be returned to National Office in Ottawa.

We currently have these reserve funds, Defense of Benefits, Equipment, Advocacy and Honorarium Reserve, but feel we need to revisit and update our Reserve Funds.

Motion: Moved by Ken Jones that we revise and update our reserve funds as follows:

“The Defense of Benefits Funds be increased to \$3000.00; that the Equipment Reserve Fund be increased to \$3109.35; that we establish a Training Reserve Fund of \$1000.00 and, that the \$2000.00 in the Honorarium Reserve Fund be transferred to a new Reserve Fund to be named The Special Event Fund.” Our Advocacy Reserve Fund remains the same at \$2000.00

Seconded by Bob Willis, called the question, Motion carried.

This brings a total of \$11,109.35 to be set aside in Branch Reserve Funds.

Guest of Honour

- Ken introduced our guest of honour –
- **Al Heinrich** who has spent several years serving our Branches in British Columbia and across Canada. He joined FSNA while he lived in Kelowna and become a member of the Nanaimo Branch in 2003. He rose from the rank of President to R.S.O. for the Province, promoting advocacy for all Branches and was a Director for B.C. at National Office. He retired in 2015 and we want to take this opportunity to thank him for all his work on our behalf. Al replied by noting that Nanaimo is one of the best branches in Canada.



- A watch was provided from National Board of Directors that was presented to Al as well as a gift from the Nanaimo Branch.



Sharon Whalen announced Estate Docs available

In House Draw



The winner was **Florence McDuffe** for a total of \$214.00.

This year we have raised \$751.50 which we will donate to the Port Alberni, Nanaimo and Qualicum Food Banks.

Stuart McLeans Death Could Boost Melanoma Awareness

In the shock and mourning of Stuart McLean's death, two skin cancer experts see a positive side to his battle with melanoma and the profound impact it could have on others.

The veteran storyteller and host of CBC's The Vinyl Café died Wednesday at the age of 68. In 2015, he was diagnosed with melanoma — one of the most common forms of cancer in Canada.

Dr. Richard Langley, a dermatologist and medical researcher at Dalhousie University in Halifax, said several of his patients have brought up McLean's death in recent visits.

"This has been shown when you look at other diseases," he said. "If a famous celebrity develops something, it increases awareness and that increase in awareness can lead to action."

Awareness is crucial

Langley said awareness is a big part of preventing any cancer. But because melanoma can be easily overlooked in its early stages, it's especially crucial. Melanoma's telltale signs can appear on a part of the body that can be overlooked easily, such as the scalp.

Scam Corner - Charles Scrivener

Some recent scams include variants of "Overcharging a credit card", "On-line friendship or dating", and "Charitable Disaster" scams. Watch for small overcharges on receipts, bank and credit card statements. Scammers quickly make a fortune robbing you a few dollars at a time by adding bogus product and service charges. These are small amounts because a transaction >\$500.00 draws the scrutiny of security people. The 2nd scam usually occurs when the victim meets a "new friend" through a phone call or on-line message. As the friendship develops monies are requested for some "dire" reason. Recently, a Nanaimo woman gave \$100K over time and the "friend" just disappeared. If he is ever identified, RCMP say that a prosecution would be difficult because the woman "gave him the money". After real disasters, scammers use fake phone numbers, websites, emails, text messages and social media accounts to lure donors. When the source of the request is unfamiliar, Google it or check the website of the named charity.

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"This has been shown when you look at other diseases," he said. "If a famous celebrity develops something, it increases awareness and that increase in awareness can lead to action."

If diagnosed early enough, Langley said the majority of melanomas are "almost 100 per cent curable."

Melanoma cases on the rise

According to 2016 statistics published by the Canadian Cancer Society, rates of melanoma in men and women have increased over the past several decades. It estimated 6,800 new cases of melanoma would be diagnosed that year.

Besides UV radiation, the society said other risk factors include moles, having a fair complexion, family history of skin cancer and a weak immune system.



Guest Speaker - Matt Breedlove **Attitude - It Makes All The Difference**

Matt is an experienced professional who provides excellent reasons to know desire in all aspects of life.

Matt gave an inspiring presentation explaining that the right attitude can change your life. After surviving a near fatal brain aneurysm requiring 12 hours of intensive brain surgery, 3 months of rehabilitation and then a year later the death of his wife and mother of his 2 year old daughter, he went on to become a leader as a Real Estate Professional continually finishing in the top percentile for sales and service with Royal LePage since 1993. His enthusiasm and ability to motivate

groups also led him to become an award winning speaker with Toastmasters International. Matt's ability to inspire and motivate is a direct result of his adversity and overcoming obstacles in his life.

Matt credits his current success with a positive attitude. He told us he hangs the following quote from Charles Swindell in his house to remind him each day that attitude does indeed make a difference.



WHAT I BELIEVE ATTITUDE IS:

- ATTITUDE
- "The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so, it is with you... we are in charge of our Attitudes."

■ — Charles R. Swindoll

**Knowledge is
knowing a tomato is a fruit.**

**Wisdom is
not putting it in a fruit salad**

"You cannot correct an old person every time they say something offensive. You would never make it through Thanksgiving dinner!"

— Stephen Colbert

Nanaimo and Area Branch Board 2016 - 2017



Left to right: Ian Williams, Vic Ashdown, Charles Scrivener, Rick Roberts, Andy Gilman, Penny Kanigan, Ken Jones, Sharon Whalen, Jim Gahr, Fran Graham, Marian Pickton and Bob Willis.

Nominating Committee - Bob Willis, Chair

We are always in need of volunteers for the Phoning Committee and Directors on the Board.

We also need a volunteer for hospital visits in Nanaimo

Speak with any member of your Executive Committee or contact me personally at 250-468-0260, email: bobwillisbc@shaw.ca.

Nominees for two year positions:

President - Ken Jones

Vice President - Rick Roberts

Secretary - Sheila Wilson

Treasurer - Penny Kanigan

Directors - Andy Gilman,

Charles Scrivener, Marian Pickton

Ewen Harvie



Financial Report to February 15, 2017

Year 2015 has been closed and year 2016 is close, just 2 ledgers to balance then we can start year 2017 in CRM. The audit took place February 14, 2017 and our auditors signed off "acceptable" on the Annual Review Form.

Ken Jones

THEY LIED



**Hard Work Has Killed
Lots of People**

Canadian Western Bank Statement 15 Feb 2017

Total Cash	\$6,131.26	Current Balance	\$ 6131.26
		Outstanding deposit	\$ 00.00
		Sub Total	\$ 6131.26
		Minus outstanding cheques	\$ 00.00
Total Cash	\$6,131.26	Total Cash	\$6,131.26

Actual Cash on Hand - 15 February 2017

Total Cash Balance		\$6,131.26
Liabilities Per Capita 2017/Minus	\$636.24	
2017 Dues paid at branch/Minus	\$000.00	
Minus sub total	\$636.24	\$636.24
Total Cash on Hand		\$5,495.02





Membership Report - Vic Ashdown

As of February 16th, 2017, the Nanaimo and Area Branch had 1887 members comprising 1262 retirees and 625 spouses. Of the 1262 retirees, there are 1072 on DDS and 190 pay at Branch or by credit card. Since the last Report (October 18th), the following changes have taken place:

New or Reinstated Members (22)

Sheryl Armstrong
Peter & Heather Attrell
C & Grace Barkman
David & Robin Benke
Ingrid Busch
Mary Crandall
Shirley Day
Carol Denike
Ronald & Gail Dudley
Madeline Evans
Lyse Godbout
Ewen & Tracy Harvie
Bill Haynes
John Herage & Karen Wonneck
Nancy Popham
Brian Steven

Transferred In (10)

Linda Cant
Anita Chambers
Judy Constable
Mike Grieve
Lorie Jones-Flory & Merrit Flory
Mary Stagg
Sharon Uittenhout
Sheila Wilson
Lorne Zimmerman

Transferred Out (19)

Mike Buhlers
Patricia Edwards
Tamas Halmosi & Rowena McPhee
James Kennedy & Jane Kelliher
Doris & Donald McLaughlin
Ron & Pauline McRae
Deanna Neeve
Harry & Laurie Noel
Juanita Reid & Mike Hatcher
Jo-Anne Tremblay
Margaret Van Duin
Bruce & Wendy Ward

Membership Cancellations (18)

Fernando & Dorothy Blais
William Cope
Doris Francis
Grace Karreman & Paul Steele
Don Lawseth
Audrey McPhail
Phyllis Meyer
Margaret Pierce
Zena Rogak
Helen Scharf
Paul & Merwyn Seefried
Linda Shrum
Gilbert Wehner
Lorne & Elizabeth Weme

In Memoriam

Kenneth Aubin
Margaret Barnes
Fred Bickerton, survived by wife Violet
Lyle Borkes
Sydney (Brad) Bradford, survived by wife Mary
Klaus Busch, survived by wife Ingrid
Rudolph Byrtus
Georges Champagne, survived by wife Helene
Gerald Gailey, survived by wife Carolyn
Bernie Gallant

Doreen Glencross
Arthur Hamm, survived by wife Beverley
Paul Lapointe, survived by wife Victoria
John McLean
Mae Moffatt
David Nicholson, survived by wife Zenith
Bev Reber, survived by husband Roy
Doris Stanley
Louisa Taylor

National Association of Federal Retirees

Nanaimo Executive, Directors & Volunteers 2015-2016

Class	Position	Name	Phone	Email
Executive			All 250	
Exe	President	Ken Jones	586-7718	Kenjonesbc@shaw.ca
Exe	Vice-President	Rick Roberts	248-7171	rick.roberts@shaw.ca
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	Vic Ashdown	248-2027	ashdown@shaw.ca
Director	Health & Benefits	Andy Gilman	248-8595	andygilman@shaw.ca
Director	Health & Benefits	Sharon Whalen	758-7012	nafrwhalen@gmail.com
Director	Program / Speakers	Rick Roberts	248-7171	rick.roberts@shaw.ca
Director	Newsletter Editor / Web	Ian Williams	758-0954	ianv.will@gmail.com
Director	Awards/Historian	Charles Scrivener	758-2240	scrivener@shaw.ca
Director	Registration	Jim Gahr	933-1156	heidleberghound@shaw.ca
Director	Communication	Fran Graham	933-4766	francesgraham@shaw.ca
Director	Telephone	Marian Pickton	723-1136	pfmcj@shaw.ca
Director	At Large	Ewen Harvie	468-5230	seniors@thelaundry
Coordinators				
Cards	Nanaimo	Cathey Hoogerbrug	751-8735	r-choog@shaw.ca
Cards	Parksville/Qualicum	Michelle Ashdown	248-2027	ashdown@shaw.ca
Cards	Port Alberni	Marian Pickton	723-1136	pfmcj@shaw.ca
Nominations	Committee Chair	Bob Willis	468-0260	bobwillisbc@shaw.ca
Phone Captain	Nanaimo	Berna Dennison	758-7792	bernad@shaw.ca
Phone Captain	Nanaimo	Bertha Nixon	758-0378	
Phone Captain	Nanaimo	Barb Williams	758-0954	williv@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	Parksville/Qualicum	Judy Southern	752-5586	njsouthern@shaw.ca
Phone Captain	Port Alberni	Wendy Stander	723-1136	wendy.tony@shaw.ca
Hospital Visit	Nanaimo	Lil Jones	586-7718	Kenjonesbc@shaw.ca