



Staying in Touch

Vancouver Island North Branch



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PRESIDENT'S MESSAGE

Here we are, well into 2011 with only two years to go before the FSNA sees it's 50th Anniversary. I know that the National office is looking for ways to celebrate this achievement both at the National and Branch level, so if anyone has some good ideas for our Branch to mark this event, please let me know.

I would like to welcome three new members to the executive this year. Kathi Brown our new Treasurer, and two new Directors, Elizabeth Steeves and Deb Yelf. As many of you know Tom Dandeno has retired as Treasurer after 16 years on the Executive. At the December General Meeting, we honoured Tom as an Honorary Lifetime Member. We wish Tom all the best in his retirement.

The rest of the Executive is as follows. Membership renewals are to be sent to Steve Bunyan, Halle MacMullen handles condolences and get-well messages; Barb Schneider and her committee will be organizing all the Luncheons; John Davis is our Media man and Kevin Weighill, as Publisher and Editor puts together our "Keeping in Touch" Newsletter. Bill Turnbull, our Health Benefits Officer, is a fountain of knowledge on the benefits side, while, Frank Elvins, our Historian, stores our records. Paddy O'Brien has a great team of volunteers making phone calls. Paddy will also coordinate transportation to meetings for those who do not drive and cannot access public transit but would like to attend the meetings. Thanks to the members that have offered to do this service. The rest of the team includes Bill McSeveney, Past President, Ian Sibbald, Vice President, Dorothy Lind, Secretary, and Directors Laurie Hewett, Mary Kamann, and Marj Arnold.

This is for your info. If you call one of the executive and get no reply, that person may be away or busy. Please call one of the other executive members on the list, leave a telephone message, or an e-mail message and someone will get back to you as soon as possible.

MEETING DATES

March 09, 2011
June 08, 2011
September 14, 2011
December 14, 2011

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Recently, we were presented with a proposal from the Victoria Branch to develop a new website for the five branches on Vancouver Island. It was to be more interactive than the present one. The goal was to be a better communication tool and resource to reach the members; allow branches to update their own website content; post notices, newsletters and documents; and conduct surveys. After some discussion with other executive members at our branch we felt that the proposal was too costly for the size of our branch and the number of members that we know have Internet service. We also felt that the website

that we now have can continue to provide the membership with up to date information.

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PRESIDENT'S MESSAGE CONTINUED FROM PAGE 1

However, the one area that is lacking is being able to reach the majority of our membership with important updates, especially in the area of Health Benefits. Our branch database has a very small percentage of members with e-mail addresses, something less than one third of the membership. We are not sure if this means the rest do not have e-mail, or simply that they did not when they joined the organization. We would value your input as to: [1] Whether a more comprehensive website would be of any value in the future? or [2] Can you suggest a faster way to communicate important updates with the membership?

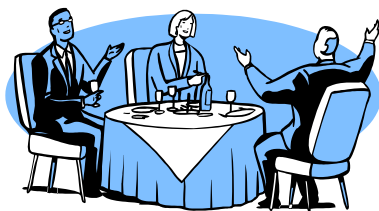
I look forward to any feedback that can help us, to help you better. Please e-mail me at cecile_turnbull@yahoo.ca. As always, I look forward to the rest of the year and seeing both the regular attendees and new members coming out to the Luncheons. Cheers

Cecile Turnbull - President

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Luncheon News
1st Luncheon Meeting -Wednesday, March 9

The next Luncheon/Meetings for 2011 are the following:

Wednesday, June 08; Wednesday, September 14; and Wednesday, December 14

Guest Speakers for March: Bob Abrams and Martin Nicholls – Senior Investigators for the BC Securities Commission speaking on: How to ask the right questions, research the risks and understand investment opportunities without losing your life savings.

The March Luncheon for the FSNA will be held on Wednesday, March 09, 2011 at the Best Western plus Westerly Hotel in Courtenay. **Please note that the doors for our meetings will only open at 11:00 a.m. If you arrive earlier you are welcome to wait in the lounge downstairs.**

Meet and Greet: the doors open at 11:00 a.m.

Luncheon Buffet: Pork Loin buffet is at 12:00 p.m.

Business Meeting: is at 1:00 p.m. *Members who do not choose to attend the luncheon are welcome at the Business meeting.*

Guest Speakers: 1:30 p.m.

Tickets for the Luncheon are \$15.00 per person and payable at the door. The Buffet for March will be Pork Loin, roasted potatoes, seasonal vegetables, a vegetarian dish that is not pasta, salads, cheeses, and desserts coffee and tea.

We will be having our Pot of Gold draws and door prizes.

Hope to see everyone at the meeting. Barb Schneider—Programs

A Reminder.

If you agree to attend a General Meeting Luncheon and subsequently change your mind, you must inform Barbara Schneider at (250) 703-2504.

If you don't**you will be billed for the cost of the meal !!!**

MEMBERSHIP UP-DATE

Do we have the correct information on you as a member?

It is important to us and to you that our records are up to date. If the label on this newsletter has your INITIALS instead of your given name, we may not have all the information we need to ensure that you get all the updates from your branch or National Office.

Please fill in the following and send it to us (address on Page 1).

Surname Given names:.....

Mailing address:

City/town Postal Code Phone

Pension is from: CF PS RCMP Other I receive a survivor's benefit Yes..... No

It is important to let the branch know of any changes in the above information

Paying Dues by Cash or Cheque

There seems to be some confusion concerning the payment of dues by cash or cheque. There are three categories of membership:

- 1) double membership which includes a retiree and a spouse or partner;
- 2) single membership which includes a retiree only. (The surviving partner of a double membership becomes a single member;) and
- 3) associate membership which is available to persons who have not yet retired who plan to join after retirement. Fees are \$44.40 double, \$34.20 single and \$15.00 for an associate. Membership is valid for a calendar year. It would be of great assistance if members would remit the correct amount. Dues are unchanged for 2011.

Kathi Brown—Treasurer



Your 2011 Executive



L TO R BACK ROW AL HEINRICH RSO IAN SIBBALD STEVE BUNYAN DOROTHY LIND JOHN DAVIS PADDY O BLENIS FRANK ELVINS DEB YELF KATHY BROWN BILL TURNBULL
L TO R FRONT ROW LORETTA HEWITT ELIZIBETH STEEVES HALLE MACMULLEN BARBARA SCHNEIDER CECILE TURNBULL MARY KAYMAN
MISSING KEVIN WEIGHILL BILL MCSEVENEY

Hello Phoners!



Members on the phone committee please remember.....

If you're going to be out of town prior to a general meeting and you're unable to phone the people on your list, please phone Paddy O'Blenis (Tel.- 250-338-2313), so that she can re-assign those names to another phone committee member. It is important that members know about upcoming general meetings, and it is important that we know whether or not they intend to come.

Notes from the Health Benefits Officer

Public Service Health Care Plan (PSHCP) Benefit Card Issues

The new benefits card roll-out did not go as smoothly as it might have. Initially, other than chronic care drugs were limited to a 34-day supply. Some of you may have encountered this restriction which has since been removed. Now all prescriptions are limited to a 100-day supply. People who are travelling and need more than this can purchase an additional 100-day supply if they first contact the Sun Life claims centre at 1-888-757-7427.

The major lingering issue for BC members is benefits coordination with PharmaCare. With the advent of the computerized billing system, Sun Life can now “see” whether members are registered with the provincial program. Since PharmaCare is the first payer, it is now mandatory that all BC PSHCP members register with that agency and provide the Sun Life claims centre with their registration number. This is different from the Personal Health Number (PHN) on your BC CareCard.

To confirm your registration number or register for the first time, call Health Insurance BC at 1-800-663-7100 or register online at: <http://www.health.gov.bc.ca/pharmacare/fpcreg.html>

To register your family with Fair PharmaCare, you will need PHNs and birth dates for all family members. The Social Insurance Numbers of you and your spouse, net income from Line 236 of your income tax returns two years ago and the amount of any Universal Child Care benefit received two years ago are also needed.

When you begin this process, a registration number is provided (your status is Interim). PharmaCare will send you a consent form which you must sign and return. This authorizes them to verify family income with the Canada Revenue Agency. Once that process is complete, a confirmation of benefits is mailed to you and your status becomes Registered.

The concern we have is how long this procedure takes and at what point Sun Life will authorize the unrestricted use of your benefits card. Until that occurs, you may hit whatever threshold Sun Life has imposed for BC residents and be forced to resort to paper claims.

PSHCP Paper Claims

Note that paper claims will continue to be used for other than eligible items purchased through a pharmacy. A new claims form is in use. It can be downloaded from:

<http://www.pshcptrust.ca/english/forms/claimform.pdf>

PSHCP Lapse in Coverage

If an enrolment application is not received by the pension office within 60 days of eligibility, coverage begins on the first day of the fourth month following receipt of an application. Think of this as about a three-month waiting period. In the event of a pensioner's death, it is important that forms sent out by the pension office be completed and back in their hands within 60 days of the death. This will ensure continuity of health insurance coverage.

Need help with your tax return?

If you are unable to complete your income tax return yourself, the Community Volunteer Income Tax Program (CVITP) may be able to help. The CRA trains CVITP volunteers who can complete your tax return for you if your income is low and your tax situation is simple.

Volunteers do not complete tax returns for complex situations such as: returns for deceased persons; individuals who file for bankruptcy; self-employed individuals; individuals who report capital gains or losses; or individuals who report employment expenses, or business or rental income and expenses. The maximum household income limits to qualify range from \$25,000 for a single person to \$35,000 for a couple. (Continued on page 6)

Need help with your tax return? (Continued from page 5)

Volunteer tax preparation clinics are generally offered between February and April of each year in various locations across Canada; however, some tax clinics operate year round. To get information on community organizations in your area that participate in the CVITP, call CRA at 1-800-959-8281.

Volunteer Tax Preparation Clinic - Campbell River, BC

Organization Name:	Ocean Crest Ministries
Contact Person:	Christine Mitchell
Phone Number:	(250) 287-1440
Location:	291 McLean Street
City/Municipality and Province:	Campbell River, BC
Email:	chris.lighthouse@gmail.com
Clinic Dates and Times:	March 1 to April 30, 2011
Monday to Friday	9:00 a.m. to 12:00 p.m.

Volunteer Tax Preparation Clinic - Courtenay, BC

Organization Name:	Courtenay Recreation - Filberg Centre
Contact Person:	Susan Murphy
Phone Number:	(250) 338-1000
Location:	411 Anderton Avenue
City/Municipality and Province:	Courtenay, BC
Email:	smurphy@courtenay.ca
Clinic Dates and Times:	Year-round
Tuesday and Thursday	1:00 p.m. to 4:00 p.m.

Volunteer Tax Preparation Clinic - Cumberland, BC

Organization Name:	Royston-Cumberland Lions Club
Contact Person:	Bob Miles
Phone Number:	(250) 336-0209
Location:	3rd Ave & Penrith
City/Municipality and Province:	Cumberland, BC
Email:	fossil44@telus.net
Clinic Dates and Times:	February 23 to April 30, 2011
Wednesday	1:00 p.m. to 4:00 p.m.

Bill Turnbull, HBO

4 quick and easy workout tips

Get the most out of your workout with these simple steps by Daniela Payne:

1. Set a goal

Before you start working out, set your fitness goal. Are you exercising to lose weight for a special occasion? Do you dream of doing 15 chin ups in a row?

Set a realistic goal that is meaningful to you and you'll find it much easier to focus on your fitness and maintain your interest in working out over the long-term.

"Without goals there isn't any glory," says Sonja Heynsbroek, certified personal trainer and supervisor of fitness leaders at Success Fitness in Colwood, BC. Determine your goal then hit the gym!

2. Make exercise a habit

Whether you like it or not, if you want to see results you need to make exercise a part of your life.

It may help to carve out a specific time to exercise: maybe in the morning to get your day going, or in the evening before supper to help you unwind from a stressful day.

If it's a part of your daily routine, you'll come to expect it. And at some point soon, you'll feel like you can't live without it.

3. Keep a journal

"It is essential to keep track of your fitness progress," says Heynsbroek. "When you start a fitness program with specific goal, you will want to know how your progress is going."

Keeping track of your workouts, reps, sets and weights will help you notice and take pride in your progress. Download our handy workout tracker http://www.tcmweb.ca/channels/0177-Microsoft/templates/workout_tracker_EN.zip spreadsheet to help you record your workouts - you'll enjoy reviewing your results!

4. Switch it up

If you switch up your fitness routine frequently, you won't get bored of exercising. "In order to have a great workout you will need to experience different options for exercise," says Heynsbroek. The great thing about this is that you don't have to stick to the gym. Test out yoga or Pilates or try your local pool for a change.

"RETARDED" GRANDPARENTS - Written by a third grader, on what his grandparents do.

After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Arizona. Now they live in a tin box and have rocks painted green to look like grass. They ride around on their bicycles and wear name tags because they don't know who they are anymore. They go to a building called a wreck center but they must have got it fixed because it is all okay now. They do exercises there but they don't do them very well. There is a swimming pool too but they all jump up and down in it with hats on. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts. Nobody there cooks, they just eat out. And, they eat the same thing every night - early birds. Some of the people can't get out past the man in the doll house. The ones who do get out bring food back to the wreck center for pot luck. My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out so they can visit their grandchildren.

Volunteer Wanted

Regional Service Officer (RSO) for BC Coastal Islands (BCCI).

Want a fun filled job where you get to travel, meet lots of wonderful people and still have an opportunity to apply all that experience and knowledge you have acquired over the years. Why not let your name stand for election for the position of BCCI RSO.

The primary responsibility of the RSO is to provide administrative and operational support to the branches. This is accomplished through meeting with individual branches and organizing an annual regional conference. Discussions include administrative issues, exchanging information, and training branch volunteers.

John Finn, our National Director for BC/Yukon will coordinate the election of the new RSO for the BC Coastal Islands Region. The following information is relevant:

The term of office for the new RSO will be three years commencing June 28, 2011, following this year's National AGM held in Ottawa and will cease at the end of the National AGM 2014;

- ◆ The nomination period will officially commence Feb 11, 2011 and finishing at 6:00 PM April 13, 2011.
- ◆ A *nomination form is to be signed by both the nominator and the nominee.
- ◆ A signed nomination forms along with a "Bio" of the member nominated shall be forwarded to: John Finn, ND BC/Yukon, 1437 Valley View Dr, Courtenay, BC, V9N 8T5 or by e-mail to johnfinnandassociates@yahoo.ca. John would also welcome any potential nominees to call him at 250-338-7419 if they wish to further discuss the duties of the RSO.
- ◆ Nomination forms are to reach the above address by 6:00 PM April 13, 2011.
- ◆ "Bio's" will be forwarded to the Presidents on April 14.
- ◆ If there is more than one nomination an election will be held approximately Apr 27, 2011, with branch presidents, or their delegated representative. Voting for the new RSO is based on one vote per branch.

Help wanted

The 2011 Census is Staffing 35,000 jobs across Canada.

These jobs are ideal for retired persons, stay-at-home parents, students and those wanting to supplement their income. If you are over 18 years old and can commit to at least 20 hours per week including evenings, weekends and holidays, apply now.

Rates of pay (\$14.72 to \$18.04 an hour) vary by assignment. The work period is early March to the end of July 2011, depending on assignment.

Please tell friends and family about opportunities to work on the census. Visit the 2011 Census website or call 1-866-773-2011 for more information.

To download and submit an online application, visit the website at **<http://www.census2011.gc.ca/>**.