



# Staying in Touch

## Vancouver Island North Branch



Newsletter No. 53 June 2012

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### **PRESIDENT'S MESSAGE**

The FSNA is in flux again over the new "Not for Profit Act". After just reviewing and bringing our By-laws up to date, we now need to bring them into line with Bill C4. The requirements of the new Act - state that all Federally Incorporated Not-for-Profit Corporations must:

- ◆ Review their Articles (letters patent)
- ◆ Review their By-laws
- ◆ Apply for a certificate of continuance by Oct 17, 2014 or it will be dissolved.

#### **Impact of the new NFP Act on the FSNA By-laws:**

Some sections of this act are mandatory thus providing no choice in the FSNA's By-laws. The act also provides a default that will apply unless FSNA articles and By-laws specify otherwise. In matters, where the act is silent, FSNA can write the rules that work for it, providing they are not contrary to other provisions of the act.

Under review are Voting rights, NBOD, Classes of members, Branches, Notice of meetings, Democracy of members, AGM's, Audits, Accountability and Fiduciary responsibilities and Core Services to members.

Several members of the executive along with myself attended a seminar in Chilliwack and the above are just a few of the items we touched on. It was a real learning experience taking in the ramifications of this new act on our organization and others. We have a great team of people on the Ad Hoc Focus Committee going across the country explaining this act and getting feedback through meetings and surveys. They will put this information together and consider the changes

and ramifications and work to be done by 2014. The end goal is to bring the FSNA By-laws in line with the Act, based on sound governance, policies, business and risk management principles, to better the governing of the Association and its membership. So, as we approach the 50<sup>th</sup> anniversary of the FSNA next year, we have much to do for a stronger organization that will keep working for you and future retirees.

Hope everyone has a great summer.  
Cecile Turnbull - President

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### **MEETING DATES**

June 13, 2012  
September 12, 2012  
December 12, 2012



# From the Editor's Desk

Summer is finally here!! I hope you find this edition interesting. Please note the message from the Membership Director concerning the payment of dues. The membership of our branch continues to grow with new members. Members and spouses now totals 2134. Perhaps one of the new members would be interested in participating on the executive or in any other capacity. If so, please let any member of the current executive know.

The Health Benefit Officer has submitted an article on the Veteran's Independence Program (VIP) providing clarity on eligibility, etc.

Those of you who are Branch volunteers note the message about the Volunteer BBQ on 21 July at Kin Beach.

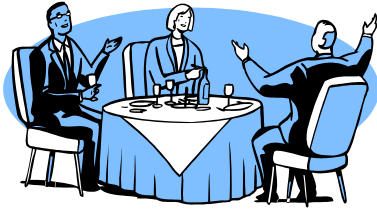
Everyone, please have a safe and enjoyable summer.  
Kevin Weighill—Newsletter Editor

**Publisher**  
**Vancouver Island**  
**North Branch**  
**NATIONAL ASSOCIATION**  
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*Mailing Address: FSNA Vancouver*  
**Island North Branch**  
**P.O. Box 1420,**  
**Comox BC V9M 7Z9**  
**President: Cecile Turnbull**  
 (250) 338-1857  
 E-mail: bc.turnbull@shaw.ca  
**Editor: Kevin Weighill.**  
 2173 Varsity Dr.,  
 Campbell River BC V9H 1V2,  
 (250) 926 6032  
 Email: deonoi@telus.net  
**Representing retired employees**  
**and spouses from the**  
**Public Service of Canada, the**  
**Canadian Forces and the Royal**  
**Canadian Mounted Police**

## **FSNA NORTH ISLAND EXECUTIVE**

Past President	Bill McSeveney	923-6806	mc7ey@telus.net
President	Cecile Turnbull	338-1857	bc.turnbull@shaw.ca
Vice President	Ian Sibbald	334-4451	sibluc@shaw.ca
Secretary	Dorothy Lind	339-6056	brydor@shaw.ca
Treasurer	Kathi Brown	334-1792	brodak@shaw.ca
Membership	Steve Bunyan	897-1181	sgbunyan@shaw.ca
Newsletter Editor	Kevin Weighill	926-6032	deonoi@telus.net
Welfare	Halle MacMullen	897-3893	hmacmullen@shaw.ca
Telephone	Paddy O'Blenis	338-2313	rbob@telus.net
Programs	Barbara Schneider	703-2504	
Historian	Frank Elvins	339-4626	ftelvins@shaw.ca
Media	John Davis	339-4229	johnldav@shaw.ca
Health Benefits Officer	Bill Turnbull	338-1857	bc.turnbull@shaw.ca
Director	Marjorie Arnold	703-0873	marjarnold@shaw.ca
Director	Laura Hewitt	338-6691	
Director	Mary Kamann	334-4651	
Director	Deborah Yelf	897-0106	
 Independent Financial Review Committee 2011:			
	John Renaud	339-7042	
	Dave Shewchuk	331-0210	



**Luncheon News**  
**2nd Luncheon Meeting**  
**Wednesday, June 13, 2012**

**The next Luncheon/Meetings for 2012 are the following:**

**Wednesday, September 12 and  
Wednesday, December 12**

**Guest Speaker for June: Nick Nesling** – Examiner Supervisor with the Courtenay Driver Services. He will be talking about seniors driving and road tests. (see page 8 for Nick’s Biography).

The June Luncheon for the FSNA will be held on Wednesday, June 13, 2012 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:** 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 Speaker:** 1:30 p.m.

Tickets for the Luncheon are \$15.00 per person and payable at the door. **Reservations for the luncheon are** required with the Telephone committee.

The Lunch will be Schnitzel, Garlic mashed potatoes, seasonal veggies, and a three cheese Pasta for Vegetarians along with salads, cheeses, buns and desserts coffee and tea.

We will be having our Pot of Gold draws and door prizes. You must pre purchase your tickets for the December Luncheon at either the June meeting, or again in September.

Hope to see everyone at the meeting.

Barb Schneider—Programs

Our Branch Web Site:  
**http://www.fsna-nvi.com**

**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**

## Membership Renewal



Members please note the following when it comes time to renew your membership.



We have had a number of cases where members who have their Dues Deducted at Source (DDS) ie. dues deducted from their monthly pension cheques, have also sent in cheques for the dues. This is not required as the monthly deduction fully covers their dues. The easiest way to check if your on DDS or not is to look at the membership card expiration date. If the date is 31 March then you are on DDS which will continue until cancelled by you or someone on your behalf. If the date is 31 December then you must renew your membership on an annual basis. The best way to do this is to send payment to our branch not national office because all the cash renewal membership cards are received by the branch in mid November for the following year. This allows faster return of your membership card and payment receipt and less confusion over payment or not. Steve Bunyan—Your Friendly Membership Officer

### A New Diet

A woman was terribly overweight, so her doctor put her on a diet. "I want you to eat regularly for 2 days, then skip a day, and repeat this procedure for 2 weeks. The next time I see you, you'll have lost at least 5 pounds." When the woman returned, she shocked the doctor by losing nearly 20 pounds. "Why, that's amazing!" the doctor said, "Did you follow my instructions?"

The woman nodded. "I'll tell you though, I thought I was going to drop dead that third day."

"From hunger, you mean?"

"No, from skipping."

### A Medical Excuse

A man goes to the doctor for his annual physical examination. When the doctor asks how he's been feeling generally, the man says he isn't able to do all the things around the house that he used to do.

When the examination is over, the patient says, "Now, Doc, I can take it. Tell me in plain English what is wrong with me."

"Well, in plain English," the doctor replies, "you're just lazy."

"OK," says the man. "Now give me the medical term so I can tell my wife."

## 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

From time-to-time, I am asked questions about the Veterans Independence Program (VIP). The following is a condensation of information taken from the Veterans Affairs Canada (VAC) website which, by the way, is difficult to navigate and somewhat out-of-date. The word “client” means someone who is a client of VAC; that is, a recipient of a Veterans benefit.

VIP is a national home care program provided by VAC. It was established in 1981 to help clients remain healthy and independent in their own homes or communities. VIP is only available in Canada.

### **What does VIP cover?**

The services received will depend on individual circumstances and health needs. They **may** include:

- grounds maintenance, including grass cutting, snow and ice removal, eaves trough cleaning;
- housekeeping, including laundry, cleaning the home, preparing meals, errand services;
- personal care services to assist with bathing, dressing, eating;
- access to nutrition services, like Meals-on-Wheels and Wheels-to-Meals; and health and support services provided by health professionals.

Other services that **may** be available include:

- ambulatory (out-patient) health care for certain health and social services provided outside the home, such as adult day care, and travel costs to get to these services;
- transportation costs to foster independence, for activities such as shopping, banking, and visiting friends when transportation is not otherwise available;
- home adaptations to modify things like bathrooms, kitchens and doorways so that it is easier to do basic everyday activities such as prepare a meal, maintain personal hygiene, and sleep; and nursing home care when living at home is no longer practical.

### **Who is eligible for VIP?**

#### **Veterans**

Most clients who receive VIP are Veterans. You may qualify for VIP if you have a health-related need for the services, and are:

- a disability client who needs VIP as a result of your disability;
- a wartime (First World War, Second World War and Korean War) pensioner with a disability that is pensioned at 48 percent or higher;
- a disability client with a number of health conditions that place you at risk due to frailty;

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- a wartime Veteran or overseas civilian who qualifies because of low income;
- a totally disabled former prisoner of war; or
- an overseas service Veteran who is at home on a wait-list for a Priority Access Bed.

### **Primary Caregivers**

Primary caregivers of all Veterans who (a) were receiving housekeeping and/or grounds maintenance services under the VIP program before they passed away or were admitted to a long-term care facility; or (b) who qualify under the VIP Expansion, may be eligible to continue to receive these services for life. This ensures the primary caregiver is not cut off from services that they have come to rely on.

### **Who is eligible?**

The surviving spouse or common-law partner is often the primary caregiver; however, others, including adult children, may also qualify. The primary caregiver would be an adult person, 18 years or older, who, on the date of the Veteran's death or admission to a long-term care facility:

1. had been the person primarily responsible for ensuring that care was provided to the Veteran;
2. had not been receiving a wage for ensuring the care;
3. had been maintained by or had been maintaining the Veteran for a continuous period of at least one year; and had been living in the principal residence of the Veteran for a continuous period of at least one year.

For the primary caregiver to be eligible for continuation of VIP services:

1. the Veteran must have been in receipt of the services at the time of death or at the time of admission to a long-term care facility; or
2. the primary caregiver must qualify under the VIP Expansion (see following section); and
3. he or she must have been assessed within one year of the Veteran's death or admission to a long-term care facility, or present evidence relating to their health condition during that period to show that the services are needed for a health reason and will enable the primary caregiver to remain independent in his or her home;
4. no one else in the primary caregiver's principal residence is capable of
5. performing the services;
6. the services are not available through a private insurance, provincial or community program; and
7. the primary caregiver must reside in Canada.

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### **Benefits for Primary Caregivers**

Only the VIP housekeeping and/or grounds maintenance services can be provided to eligible primary caregivers. Unless the primary caregiver qualifies under the VIP Expansion (below), only the service(s) the Veteran was receiving at the time of death or admission to a long-term care facility can be continued. Thus, if a veteran was only receiving grounds maintenance services, the primary caregiver will only be entitled to grounds maintenance services.

### ***VIP Expansion***

#### **Who can apply for VIP under this expansion?**

The expansion is for low-income or disabled survivors of Veterans and civilians who served during the First World War, Second World War or the Korean War and met the following criteria:

- were entitled to a disability pension under the *Pension Act* or the *Civilian War-related Benefits Act*; or
- received an allowance under the *War Veterans Allowance Act* or the *Civilian War-related Benefits Act*; or
- would have received an allowance if they had not been receiving benefits under the *Old Age Security Act*; and
- were not receiving VIP housekeeping and/or grounds maintenance benefits when they died or were admitted to a health care facility.

#### **To qualify for VIP under this expansion, the survivor must:**

- receive the Guaranteed Income Supplement under the *Old Age Security Act*; or be approved for the Disability Tax Credit; and
- have a health need and require VIP housekeeping and/or grounds maintenance services to remain independent in their home; and
- not have access to the services under a provincial health care system or a private insurance policy; and
- be a resident of Canada.

#### **Who to Contact:**

For more information on the **Veteran's Independence Program (VIP)** and how to apply, call:

**1-866-522-2122** (English)

**1-866-522-2022** (French)

or visit the VAC website at [www.veterans.gc.ca](http://www.veterans.gc.ca).

Bill Turnbull—Health Benefits Officer



## FSNA Vancouver Island North Branch Volunteers BBQ



We would like to invite you to our annual BBQ-our way of saying thank you for all the great work you do to keep the FSNA wheels turning.

So come on out to the Kin Beach picnic area, 1712 Astra Road, Saturday July 21, 1:30 PM to ? Lots of food, lawn darts, bocce ball, get to know your fellow volunteers.

All you need to bring is your sun hat, lawn chair and appetite... Hope to see everyone there. Please give me a call to let me know if you are coming. I want to make sure we will have enough for all.

Paddy 250-338-2313



### Guest Speaker — Nick Nesling Examiner Supervisor Courtenay Driver Services June 13th Meeting



Nick went to school in the valley (Lake Trail, Vanier). He moved away after graduation and has been back about 15 years.

He worked in several mines (Elk Falls and Port Hardy) driving haul trucks and then did a number of years driving highway including 5 years as a charter bus driver. He then got involved with training and was a class one and air brake instructor for 10 years. He has been doing road tests for 12 years and is currently the Supervising Examiner here in Courtenay.

He has been happily married for 35 years and has three daughters and 5 grand kids.

#### 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 !!!**