

STAYING IN TOUCH



North Island - John Finn

Newsletter No. 89

March 2021

Canada Post Publications Mail Agreement No. 40033460

President's MESSAGE

Hello to all members of the North Island – John Finn Branch. I hope you are all keeping well and looking forward to spring when we hope to see some relaxing of COVID restrictions. The fact we now have vaccines that are being rolled out across the Island is a welcoming turn of events and will help to ease the loneliness, fear and frustration that many of us are feeling. It will be so nice to be able to meet and greet our friends and relatives again even if it is in a limited capacity.

COVID restrictions have meant that we have not been able to meet in person since our last AGM which was in March of 2020. We managed to hold that meeting before restrictions on large gatherings were implemented. We are obligated to hold an AGM every year to take care of business such as approving the budget, passing the audited statement of the previous years' financials and electing officers to the Board of Directors.

This year we have decided to try and hold our AGM virtually via Zoom. An email message was sent out to our membership asking whether or not members would take part in a meeting held this way and the response was good. Enough of you said you were willing to take part in a Zoom meeting that we are confident we will have a quorum.

Thank you to all members who took the time to consider this option and respond to the email. Our AGM for 2021 will be held over Zoom on March 17th starting at 1:00. Further in the Newsletter you will see instructions by Board Director -Brad Bridgeman on how to join the meeting either by computer or phone. You are welcome to wear your best green outfit and bring a glass of Guinness in honour of St. Patrick's day. Time permitting, we will end the meeting by giving participants a chance to share their best, clean Irish joke. We may as well have a bit of fun with this.

There has been very little activity at the local level since the last newsletter. National Office staff continue to work with other like-minded ministries and organizations to advocate on our priority issues. The issue that has got the most attention is around the need for solutions associated with the problems identified in Long Term Care. A survey of NAFR members was sent out via email and I hope you were able to take the time to respond as all our voices are needed in this important work.

I hope to see and/or hear many of you over Zoom on March 17th. In the meantime please stay safe, be kind and support your fellow human beings in any way you are able.

Norma Dean - President

MEETING DATES

Meetings are on hold due to the COVID-19 Pandemic
Stayed tuned for updates

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From the Editor's Desk

This edition is my "Swan Song". On looking back on previous issues I produced my first issue (Newsletter # 28) in March of 2006. So 15 years later and through 61 issues with many iterations, this will be my last issue. I am hopeful that someone will step forward to take over the editing and production of the newsletter. I am prepared to assist whoever takes over the newsletter by providing digital copies of the newsletter I have produced as well the templates for the next three editions (June, September and December 2021).

I have also decided that it is time for me to retire from the branch executive committee. We will be attempting to do the Annual General Meeting through Zoom and as always this will include an election for the branch executive committee members whose terms have expired. Again, hopefully some of you will put your hand up to participate.

In this time of a pandemic when the Federal Government is expending a huge amount of money to ameliorate the financial impact on individuals and businesses it will be all the more important for our organization to be ensuring the current benefits we have all had the good fortunate to have in retirement are protected. So please consider participating.

Kevin Weighill—Newsletter Editor

A woman is getting on a bus when, just in front of her, a man gets up from his seat. She thinks to herself, "Here's another man trying to keep up the customs of a patriarchal society by offering a 'poor, defenseless woman' his seat."

She pushes him back onto the seat. A few minutes later, the man tries to get up again. Again, she refuses to let him up.

Finally, the man says, "Look, you've got to let me get up. I'm two miles past my stop already."

Publisher
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Representing retired employees
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How to Stop Worrying

By Kevin Ngo

If you want to stop worrying, then you need to stop thinking so much. Thinking is a good thing of course but when you focus a lot of time over analyzing things, it can cause a lot of stress. Sometimes worrying is a good thing because it's your mind's way of acknowledging the importance of the situation. However, many times we worry excessively for invalid reasons. This article will give you a couple of different ways to help you to worry a little bit less.

When we worry, what we are actually doing is projecting our mind out into the future. We picture negative scenarios and images. We think about the worse possible situations. Students may spend a lot of time worrying about how they did on the test they just took. The person who is running late and is stuck in traffic is worried about what people will think of him when he shows up to the meeting late. The employee watches the news during his lunch time in the break room and sees that unemployment rate is climbing starts to worry about the security of his job.

In all of these situations, the person is worried about something that hasn't happened yet. Not only that, they are worried about something that they have no control over at the present moment. If you want to know how to stop worrying, then you need to learn how to be in the moment. Realize that the majority of things people worry about coming true, never come true.

You can spend a great majority of your waking life worrying yourself to the point where you start to lower your happiness level. You may even start to draw back from life because you're afraid of every possible negative situation that you have imagined in your head coming true.

So how do you just stop worrying about everything? Here's a simple rule. If you can't do anything to improve the situation at the moment, let it go. Stop worrying so much about things that you have no control over. The student who is worried about what score he got is just wasting his time because what's done is done. Whether he spends his time worrying or having fun, it's not going to change the outcome. The employee who sees the unemployment rate increasing can worry about his job and perhaps start working harder but at the moment, during his lunch, he can't do much about it so there is no point in worrying.

A great book about this topic that you should read is called, "[How to Stop Worrying and Start Living](#)" by Dale Carnegie. The book offers a lot of great ways to help you reduce your habit of worrying. You can try writing down the things you are worried about and find out what percentage of those things actually come true. Once you realize that there was really no point in stressing over things you can do anything about and stop worrying about everything, you will start to enjoy life a lot more.



North Island – John Finn Branch

Luncheon News 2021

Hello

The National Board of Directors have requested that all luncheon/ meetings, until at least June, will not happen. Of course, we are following all Provincial Health rules in regards to Covid 19 restrictions for the safety of all our members.

We will be looking at our options for the Fall, keeping in mind all restrictions until we can meet again. March is our Annual General Meeting and we will be having a ZOOM meeting with members attending, so hope to see you at it.

In the mean time, we are hoping that everyone is keeping safe, following guidelines and limiting their exposure to people outside their bubble.

We will keep you informed once we know our way forward in 2021.

Best regards and stay safe.

Cecile Turnbull
Programs Director

Our Branch Web Site:

<http://www.nijf.ca>

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

E-mail address:.....

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

Advocacy

From the desk of Warren Kelley, Vice-President and Advocacy Representative.

WHAT IS HAPPENING WITH FEDERAL RETIREES AND ADVOCACY IN BC.

Due to the Covid 19 pandemic, all of us are experiencing major changes to our lives. But we must remain part of the community and find solutions within the constraints imposed upon us. The advocacy work of the National Association of Federal Retirees (NAFR) is also affected. The Advocacy Team in National Office has been working closely with the National Advocacy Committee, the National Board of Directors, and the provincial Advocacy Program Officers to adjust to our new reality.

The Advocacy Program Officer for the BC region is Ms Leslie Gaudette. National Office of the NAFR launched a program called Reach 338. Reach 338 is a project aimed at having each Member of Parliament (MP) connected to a local branch - this being the President or Advocacy Representative. Then everything changed, our National Office staff and our Branch had to start working from home and we moved to the virtual reality world.

Branches are now getting ready to move to set up virtual meetings with the 43 MP's for BC and the Yukon. The two MP's for the North Island – John Finn branch are Mr Gord Johns and Ms Rachel Blaney.

National Office advocacy staff have adapted a wealth of material reference to our current situation, focusing on our four key priorities:

- National Seniors Strategy,
- Retirement Income Security,
- Pharmacare, and
- Veterans.

Long Term Care Campaign calls for national standards for both long term care plus home and community care to ensure a full range of services are available to all Canadians in their homes and communities. The goal is to attain better health outcomes and quality of life. Federal Retirees call on all levels of government to collaborate on a national review of long term care, with a view to implement a national framework that:

- ensures appropriate levels of funding,
- ties funding to national criteria and care standards,
- establishes a national health workforce planning strategy, and
- recognizes and supports informal caregivers as crucial partners in delivering care. Such a review must be public, independent, evidence-based and informed by older adults, informal caregivers and subject matter experts.

Please note our Association recognizes that providing more and better home care could reduce the need for Long Term Care at a lower cost and provide greater quality of life to many of our oldest and frailer elders.

Please rest assured that our National Office staff and National Advocacy Committee and your local Advocacy Representative continue to monitor and work on this issue.

In BC, we will organize a provincial arm of this plan, through contacting our MP's and MLAs. Our interest and support of these efforts will be crucial to make real change for Long Term Care. We are counting on your enthusiasm and commitment. We're calling on the government to commit to fixing older adult care in Canada. And, to be successful, we need your help, to improve long-term and home care now!

Below is a link for your input.

<https://www.federalretirees.ca/en/news-views/news-listing/december/its-time-to-fix-older-adult-care-in-canada-tell-your?fbclid=IwAR3rt-XPdhRSwdv7qrH0NF-jrTR0nS1wJCxK6BZWrfVxb6540aln6LclgRo#form>

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Mandate Letter to the Federal Seniors Minister:

The mandate for Ms Deb Schulte, the Federal Minister of Seniors; includes the following statements:

- Continue to support the Minister of Justice and Attorney General of Canada to establish new offences and penalties in the Criminal Code related to elder abuse and neglect,
- Work with the Minister of Health to take additional action to help Seniors age in place and stay in their homes longer,
- Work with the Minister of Health to set new National Standards for Long Term Care so that seniors get the best support possible,
- Support the Minister of Health to:
- Ensure that all Canadians have access to a family doctor or a primary health care team,
- Continue to support Canadians with mental illness and substance use challenges;
- Further increase access to mental health resources; and
- Accelerate steps to achieve a National Universal Pharmacare Program.

News from Office of the Seniors Advocate British Columbia

Ms Isobel Mackenzie released to reports December 8, 2020 which are full of helpful statistics;

- Long Term. Care Quick Facts Directory available at:

<https://www.seniorsadvocatebc.ca/long-term-care-quick-facts-directory/>

- Monitoring Seniors Services 2020 available at:

<https://www.seniorsadvocatebc.ca/long-term-care-quick-facts-directory/>

If you have questions, concerns or would like to get involved in participating in any or all of these endeavours please contact your president, Norma Dean or your Advocacy Officer Warren Kelley. We are reachable by phone or email or if you recognize us in the parking lot of the grocery store. We will be the ones wearing masks. We hope you are also.

Please take care, stay safe and be kind.

ELECTION NOTICE

The Zoom Meeting scheduled for March 17th, 2020 will include the election of officers for the branch executive.

Below you will find the list of positions. If you plan on attending the zoom meeting you will have the opportunity to vote “yea” or “nay” for those candidates running as well as to nominate individuals for both the positions with candidate and for those positions with no candidates so far named.

Directors that are up for election or are retiring from executive plus new members coming forward. This is the correct order:

- ◆ **VP and Advocacy** - Warren Kelley - Willing to stand - Vote Y/N
- ◆ **Membership Director** - Steve Bunyan - Willing to stand - Vote Y/N
- ◆ **Newsletter** - Kevin Weighill - Retiring - Is anyone willing to help out
- ◆ **Health Benefits Officer** - Gordon Richardson - Willing to stand - Vote Y/N
- ◆ **Welfare** - Deb Yelf - Retiring
- ◆ **Welfare** - Lena Jenkins - **New** - Willing to run - Y/N
- ◆ **Director at Large** - John Renaud - Retiring
- ◆ **Director at Large** - Lorene Hill - **New** - Willing to run - Y/N

If you wish to nominate someone for a position as noted above you can contact Cecile Turnbull at (250) 338-1857 or by e-mail @ cecile.turnbull@shaw.ca

Information from the Health Benefits Officer

MEDOC Info:

When a primary member in a double membership passes, the spouse must apply for coverage. Coverage is not automatically continued.

Part of your MEDOC premium is paid towards medical coverage and can be used as an income tax deduction. If you have not received notice of the amount you can deduct call Johnson Insurance at 1-866-606-3362. If you have already filed your tax return you can contact C.R.A. to make an adjustment.

COVID-19 Benefits:

If you received any of these benefits, they are taxable.

- Canada Emergency Response Benefit (CERB). Canada Emergency Student Benefit (CESB)
- Canada Recovery Benefit (CRB). Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB).

No tax was withheld at source from the CERB or CESB. From the CRB, CRSB and CRCB 10% was deducted at source, but this may not have been enough as tax payable depends on total taxable income.

Canada Workers Benefit:

This replaces the Working Income Tax Benefit and is a refundable tax credit that gives tax relief to low-income individuals and families who are in the workforce. There is also a disability supplement available. For more information go to the website

www.canada.ca/canada-workers-benefit then click on the first link

Canada workers benefit-Overview-Canada.ca

COVID-19 Immunization Plan:

This plan has 4 phases, each phase detailing who will be vaccinated during each time period. For full details go to www2.gov.bc.ca, the COVID-19 Immunization Plan link is under B.C. at a glance, on the right-hand side of the page.

If you do not have access to the internet and you have questions call me at (250) 339-5446 and I will try to find answers for you.

Remember to leave a message if I am not available at the time, as I do not return calls to numbers I do not recognize.

Humour Corner

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

North Island Branch is inviting you to a scheduled Zoom meeting.

Topic: NAFR North Island—John Finn Branch Annual General Meeting (AGM)

Time: Mar 17, 2021 01:00 PM Pacific Time (US and Canada)

To the Join the Zoom Meeting:

<https://us02web.zoom.us/j/9401614850?pwd=cURHQXJmVFJPa1ZNUmRhcC9OT0V4dz09>

Meeting ID: 940 161 4850

Passcode: **5JVp89**

One tap mobile

+17789072071,,9401614850#,,,,*084174# Canada

+16475580588,,9401614850#,,,,*084174# Canada

Those members that do not have a computer/smart phone/tablet can dial-in to access the meeting, but will not be able to vote. The phone numbers to access the meeting are:

+1 778 907 2071 Canada

+1 647 558 0588 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

855 703 8985 Canada Toll-free

Meeting ID: 940 161 4850

Passcode: **084174**

Brad Bridgeman – Director



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