

STAYING IN TOUCH



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Presidents Message

Greetings to all members of North Island John Finn Branch

As I sit in front of my TV watching the mayhem resulting from the wild fires in both BC and the NWT I can't help but wonder what the future holds. My thoughts go from "oh well, you're old enough you probably won't live to see the worst of it" to "what can I do to try and make things better for my children and grand children ". The year 2023 has been a year where the devastating effects of climate change are more and more on our doorstep. Whether you believe climate change is human made a natural phenomena or a combination of both, I have doubts we can pretend its not real. How do we work to over come this issue?

Just like today my top of mind topics, our Country has been challenged with controversial issues for years. Many of these issues required the coming together of like minded citizens to discuss, recommend and sometimes lobby for solutions. One example, in 1963 at a Convention of about 20 people, established the Federal Superannuates National Association. (FSNA) now known as National Association of Federal Retirees (NAFR).

FSNAs' primary goal was to protect pensioners pension interests by seeking improvements in their benefits and participating in the development of social polices for all seniors. This year, 60 years later we celebrate the success of this organization that has remained steady to its original reason for being. Consider our our four priorities as proof:

1. Delivering strong representation for federal retirees on their pensions, health and dental benefits and overall security;
2. Standing up for retirement income security;
3. Working with veterans' on their well-being; and
4. Insuring that seniors' voices are heard and recognized in federal cabinet;

At the 2023 AMM held in June the agenda focused on the advocacy work centred around these priorities. Branches are encouraged to engage with our local MP's to ensure they are aware of the priorities and to support them in parliament. In October a meeting of Vancouver Island Branches will take place in Duncan. This will be an opportunity for representatives to discuss their advocacy initiatives and partner with other branches when appropriate.

In this newsletter you will find information on our September meeting when we will celebrate the 60th anniversary of our organization. I'd love to see you there. There will be a delicious meal, lots of prizes and some swag. What a great way to end the summer.

Norma Dean - President.



Branch Executive 2021 NORTH ISLAND JOHN FINN BRANCH BC06

Position	Name	E-Mail
President	Norma Dean	president@nijf.ca
Vice President, Advocacy	Warren Kelley	vicepresident@nijf.ca
Secretary	Cecile Turnbull	secretary@nijf.ca
Treasurer	Scott Hodge	treasurer@nijf.ca
Membership	Steve Bunyan	membership@nijf.ca
Newsletter Editor	Cherie Kelley	editor@nijf.ca
Health Benefits Officer	Gordon Richardson	healthbenefits@nijf.ca
Programs	Cecile Turnbull	programs@nijf.ca
Welfare Telephone Co-Ordinator	Lena Jenkins	welfare@nijf.ca
Communications	Bill Turnbull	comm@nijf.ca

Publisher

NORTH ISLAND JOHN FINN BRANCH NATIONAL ASSOCIATION OF FEDERAL RETIREES (NAFR)

MAILING ADDRESS: NAFR North Island-John Finn Branch, P.O. Box 1420, Comox, BC V9M 7Z9

President: Norma Dean E-mail: president@nijf.ca

Editor: Cherie Kelley Email: editor@nijf.ca

Representing retired federal employees and spouses from the Public Service of Canada, the Canadian Armed Forces, Royal Canadian Mounted Police and Federally Appointed Judges

SOME VERY IMPORTANT INFORMATION !!!!!

North Island John Finn Branch 06

September Luncheon

Celebrating 60 Years

Wednesday, September 13th, 2023

Best Western – The Westerly Hotel

1590 Cliffe Avenue, Courtenay

Wednesday, September 13th, 2023

Meet & Greet: 11:00 a.m.

Buffet Luncheon: 12:00 p.m.

Business Meeting: 1:00 p.m.

Guest Speaker: 1:30 p.m.

Lara Austin speaking on - ‘Successful Snow-birding’

HOT AND COLD BUFFET INCLUDES:

Carved baron of beef

Steamed vegetables.

Roasted Yukon gold potatoes.

Fresh rolls & artisan bread w/ whipped butter

Garden salad w/ assorted toppings and house dressing.

Roasted field vegetable and pasta salad.

Vegetable & Dip Tray

Assorted pickles & olives.

Chef’s choice dessert.

Coffee and tea are included for special luncheon.

\$25.00 per person

There will be 60 special give-aways at this meeting Celebrating the 60th year of our National Organization
Additional Draw – Pot of Gold

You must RSVP with numbers attending - to Cecile Turnbull at 250 338-1857 or to turnbull@nijf.ca to reserve a table by Friday September 8th, 2023.

NAFR Branches Focus their efforts on the following items:

- Delivering strong representation for federal retirees on their pension, health and dental benefits and security;
- Standing up for retirement income security;
- Working with veterans' on their well-being;
- Insuring that seniors' voices are heard and recognized in federal cabinet;
- Delivering historic advocacy efforts on behalf of federal retirees and veterans.

People are curious and ask how many members the association has? Some approximate numbers from the year 2021. Across Canada we have approximately 176,000 Members. Here in BC we have 15 Branches with approximately 26,000 members. Our North Island John Finn Branch (BC06) has approximately 2000 Members. So you can see that if we proceed ahead as a focused group we can influence our Governments both at Federal and Provincial levels.

At the conference we were updated on our national membership numbers and we are coming out of the Pandemic in a very positive direction, our numbers are increasing which is a very good sign that the Organization is getting the overall support to fight for our future benefits.

Remember the Public Service Health Care Plan has had a change in Providers so some changes have happened that could effect you.

MEMBERSHIP NEWS

NEW MEMBERS THAT HAVE COME INTO THE BRANCH

Belanger, John & Margaret;
Birtch, Susan & David;
Clemens, John & Suzanne;
Kowal, Harry & Sheryl;
Mackenzie, Scott & Ducharme;
Bergeron, Judith

Steve Bunyan Membership

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).

SurnameGiven 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

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



Sybil Laprise
Ernest Buchman
Margaret Crites
John McLellan
Jack Campbell
Bruce Barnes
Leonard Earler
Jack Campbell
Ralph Hogarth

Ralph Hogarth
Peter Keizer
Arnold Auerbach
Alice McLaren
Scott Harlock
Brian Vernon
David Paquet
Viola Bauchmam
Patrick Moran

Rita Geisler

WELCOME BACK TO THE WORLD

***SAVINGS ON THE REMAINING 2023 PACKAGE HOLIDAYS!
*2024 & 2025 "EARLYBIRD SAVINGS" ON CRUISES & TOURS**

***NEW 5* RIVER, OCEAN, & EXPEDITION CRUISE TOURS; FLIGHTS INCLUDED:**
* SAIL & SIGHTSEE THE RIVERS OF THE WORLD, OR OCEAN CRUISE TOURS: MEDITERRANEAN & BALTIC; GREAT LAKES; ICELAND; W & E EUROPE; EGYPT/JORDAN; PANAMA CANAL/CENTRAL AMERICA; MEKONG; AU/NZ; ASIA; TOKYO-VANCOUVER; HONGKONG-VANCOUVER; AUCKLAND-VANCOUVER; GRAND VOYAGES; WORLD CRUISE TOURS; & EXPEDITIONS TO THE ANTARCTIC/SA/GALAPAGOS; AFRICA CRUISE TOURS/SAFARIS.

*** FREE AIR INCLUDED ROUNDTRIP MAJOR CAD CITIES FOR MANY CRUISE TOURS!** SAILING AMSTERDAM - BUDAPEST, 15 Days, FREE Flights, from \$4999 CADpp.
*** COMBINE A RIVER or OCEAN CRUISE With a LAND/HOTEL PACKAGE,** Before or After Your Cruise Tour.
*** NO SERVICE FEES:** Free Service By Aji Fliss, TA, to Customize Your Flights & Arrange Your Vacation.
*** TRAVEL ASSISTANCE** With Your Full Vacation Plans, Best Health & Safety Protocol, & Advisories.
*** FULLY EXPERIENCE LOCAL LIFE:** Inspiring Cultures, Historic & Dramatic Settings, & UNESCO Sites.
*** YOUR RIVER, OCEAN OR EXPEDITION CRUISE TOUR INCLUDES:** Airfare, Transfers, Hotels, Tours, All Meals, Wine & Beer with Lunch/Dinner, WIFI, Health/Safety, Host Services, & Entertainment.

*** FOR A PROFESSIONAL FREE CONSULTATION & TO BOOK YOUR VACATION PACKAGE,**

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Ph #250 898 3358 / ajfliss@shaw.ca BC Consumer Protection Reg #54575

Call Aji to book: RIVER, BARGE, EXPEDITION & OCEAN CRUISES. COACH TOURS, CYCLING, WALKING, SOLO & THEME TOURS. REUNIONS. GROUPS. INTL FLIGHTS. ALL INCLUSIVE RESORT/FLIGHT PACKAGES WEDDINGS. LONGSTAY, CUSTOM & EXOTIC PACKAGES
"We Look After the Details so YOU Can Enjoy Your Journey of a Lifetime!"



Are you smarter than a 5th grader questions:

1. How much is 14 times 5?
2. What are the large rocks that orbit the sun between mars and Jupiter called?
3. What is the plural form of the word "deer"?
4. During World War II, on the day known as D-Day, at what location did allied troops invade Europe?
5. What land mass on earth is known as the "Island Continent:?"

2023 Membership Fees

- The 2023 annual membership fees, **effective Jan. 1, 2023**, are \$52.56 for a single membership and \$68.28 for a double membership.
- For the 82 per cent of Federal Retirees members who pay by dues deducted at source (DDS), their monthly deductions, or one-twelfth of the annual amount, will be calculated by the Pension Centre and reflected on their first pension statement of the new year.
- For the 18 per cent of our members **who have not opted into DDS and who pay their membership fees by cheque or by credit card**, where the renewal date falls before Dec. 31, 2022, payment for membership renewal will be submitted based on the 2022 fees of \$51.36 (single) and \$66.60 (double).
- Any credit card payments or cheques not postmarked before 11:59 p.m. Pacific Standard Time on Dec. 31, 2022, must be submitted at the 2023 rates.

From an article in the 55+ plus magazine.

Senior driving education vs assessment

Many geriatric researchers presenting information at safety conferences agree that education, not testing, is the answer to seniors driving longer and safer.

Prior to intervention by family, government, medical personnel or police, seniors should take charge of their driving situation. It is best to prepare for an impending driver assessment well ahead of time. It will relieve the stress of the unknown and arrival of the dreaded letter. Seniors should be proactive, not reactive, when it comes to all sorts of things, particularly as it pertains to driving.

Many people believe seniors have a higher-than-normal crash frequency. This is not true. They do have a much higher chance of injury in a crash because of the frailty brought on by advanced age, particularly those over 75 years of age. Two presenters at a Seniors Driving Conference made a very strong case that senior-driver harassment by governing bodies exists throughout North America.

The most common crashes listed in order of frequency and cause of injury are:

1. The left turn at intersections, crossing multiple oncoming lanes of traffic, cause injury for all drivers. This type of crash is often due to declining depth perception in seniors.
2. The fact that oncoming vehicle drivers could change to the outside lane though an intersection, without warning and be hidden behind the inside lane of the two lanes approaching, was also a factor. For seniors with slower reaction times, also lack of scanning contributes to this crash.
3. Rear end crashes are very common. This caused by all drivers not understanding time and distance for stopping. Understanding the consequences of tailgating is a lesson to be learned by all. Again, seniors are more likely to experience more injuries than younger people.

ADVOCACY

As the president has said the big focus is on Advocacy. Here is some good information on some planned things that will be going on in fall sitting of Parliament.

Our Local MP Rachel Blaney has been a very powerful spokesperson on behalf of seniors here is a quote on some of her Advocacy Work

“It is my honour to advocate on behalf of Canada’s senior citizens, to ensure that have access to all resources they need so they can live above the bar of dignity. No senior in Canada should be without a safe, stable place to call home. Too many older Canadians live below the bar of dignity, struggle to cover the cost of living, and are forced to go without vital medications and other resources because the price of necessities has increased so dramatically.”

You can see more of my Advocacy for seniors during Question Period, including my demand that government increase the Guaranteed Income Supplement and my concerns about seniors living below the poverty line.

Bill C-207 The Right to Housing

Again I quote “As part of my Advocacy for seniors in Canada, I initiated a private Member’s Bill on housing. The bill would amend the Canadian Bill of Rights to include the right to affordable housing at a reasonable cost that is free of unreasonable barriers.

If passed, Bill C-207, An Act to amend the Canadian Bill of Rights (right to housing). would

- . Make affordable housing a right protected by law
- . Redefine the federal framework for housing legislation
- . Set requirements for the Minister of Justice to ensure every regulation change moving forward is consistent with that right
- . Hold the Federal Government accountable for ensuring affordable housing

Old Age Security

I have heard from many seniors that they are paying a lot in taxes, which is putting an incredible strain on their finances, given the impacts on inflation. The NDP and I are pushing to have Old Age Security increased for all seniors, not just those aged 75 and older...

Please join me in petitioning the Liberal Government to increase Old Age Security so all seniors receive the financial support they need to afford the basic necessities. It is unacceptable that seniors live in poverty after having worked their lives to build this country. They deserve better treatment from the government. If you agree, download the petition, encourage your friends, family, and neighbours to sign it then mail it to me postage-free” at;

Rachel Blaney
House of Commons
Ottawa, ON
K1A 0A6
(No postage required!)

Phone: 613-992-2503

Powell River
4683 Marine Avenue
Powell River, British Columbia
V8A 2G8
Phone: 604-489-2286

Main office - Campbell River
427 10th Avenue
Campbell River, British Columbia
V9W 4E4
Phone: 250-287-9388

also email at rachel.blaney@parl.gc.ca

As always, I want to hear from you. What issues and concerns are priorities for you? Share your thoughts, so I can set my critic agenda for the fall session.

Rachel Blaney, MP
North Island - Powell River

Warren Kelley
Vice-President/Advocacy
North Island John Finn Branch 06

An article from the 55 Plus Magazine titled,

Have a nice day

When people find out what I have chosen to do for a profession by working in end of life care as a funeral director, embalmer and now a manager, I am often asked how do I do it. Many people will comment on how depressing it must be dealing with bereaved people everyday and the morbid and scary thought of handling the deceased. People feel awkward asking me if I am at work, assuming that would be a bad thing, as being busy must mean a lot of people are dying. And it is rare someone will say "have a nice day" without following up with, "well as nice as it can be working at a funeral home". Once people have given me the time to explain a little bit about why people become funeral directors and the daily running of a funeral home, I am always met with comments of, "wow, I never thought of it that way" or "that is very different than I imagined". So, if you have a moment to continue reading I would share with you a little bit of how and why we do what we do and the incredible trust and honour it is to serve a community through funeral service.

First of all, yes, people are sad, yes, people are grieving and yes, someone they loved has died. It's never easy for a family to come in to make arrangements and the realization of the immense loss that comes with it. But then, we get to know each other and once we have gathered the required information needed to register the death with the Government... we start to chat. We get to hear all about these amazing people who have passed away, where they came from, what they did for a living, their hobbies, their accomplishments, their passions and the list goes on. There is always a fresh box of tissue in the room and it is used, however once the door is closed it is usually not long until laughter can be heard and you know a precious memory or story has been shared. And we so appreciate the trust and openness of our families to share these with us.

Then there are the decedents they are not just "dead bodies" to us, they are someone's, mother, father, sister, brother, child, relative or friend. Yes, we talk to them, yes, we call them by their name and their dignity, respect and proper care is of the utmost importance to us. Don't forget we also just heard all about this person, so it is even more of an honour to care for them and give the family the best possible experience for their final goodbye. What an Honour to curl a woman's hair for the last time, pin a medal of honour on a veteran or even just place that special family photo in their hand forever. We do not take this privilege lightly.

Finally, if you ask me if we're busy at work, and we are, it is actually a good thing. It doesn't mean more people are dying, we have no control over when and how people die. It means the families in and around our community are choosing us to care for their loved one and serve their family. It means we are doing our jobs properly, it means we are providing the important and necessary care and guidance that is so needed when a death has occurred and it means our community trusts us enough to pick up the phone and...

Let us assist with one of the most intimate and important moments in their lives. We feel honoured when we are chosen and will do everything we can to assist with our support, guidance and professionalism.

Our days are like most people in the working field, in any field. Some days are tougher than others, some days are busier than others and it takes a team of committed individuals to make each day be productive as possible to fulfill the role we have chosen in the community. And as previously mentioned, it is a privilege and an honour to assist in any way we can for those in need. So please don't hesitate to tell a funeral service professional to have a nice day, we do have them and it is appreciated.

Laura Van Spring
Manager of Sands Funeral Chapel
of Victoria

Cherie Kelley
Editor
North Island
John Finn Branch 06

Answers for are you smarter than a 5th grader:

1. 70;
2. Asteroids;
3. Deer;
4. Beaches of Normandy, France and
5. Australia.