

# STAYING IN TOUCH



## North Island - John Finn

Newsletter 104

December 2024

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### President's Message



### MEETING DATES

*Mark you calendar*

April 16, 2025 (AGM)

October 8, 2025

December 10, 2025



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Greetings to all North Island – John Finn Branch members on this 2024 Remembrance Day. As I sit here composing my message, I feel very reflective. I wonder how the men and women who sacrificed their family time, careers, hopes and dreams and for many, their lives, in the cause of freedom would feel about how our country and, indeed, the world is advancing today. Is this what they fought for? We still have the right to choose so probably it is but are we doing enough to protect it. I don't feel our Canadian freedom is at stake, but I wonder if it is as assured as, I feel, it once was. Those are my musings on this Remembrance Day as I think about my grandad, dad and uncles who served. Thank you to all the veterans for their sacrifices and dedication.

From the Branch perspective, summer is over and now we are looking forward to fall and winter activities. The BC election is over, and we have a new MLA, Brennan Day. I have not had the opportunity to meet with Mr. Day yet, but plan see if he is available once he is settled. Prior to the election I did attend two candidate forums. I did not hear anything specifically about seniors or pensions but many of the questions posed to the candidates included issues relative to seniors in this area. Cost of living challenges all ages, as does lack of health care providers and feeling secure in our homes and communities. All candidates did a pretty good job of saying what they planned to do if elected but not a lot of detail on how.

Provincial elections are important, but our next advocacy challenge is going to be the Federal election. Cecile Turnbull, Lisa McHaffie and I attended the BBCI Regional meeting in Nanaimo on

October 22<sup>nd</sup>. We talked quite a bit about elections and what is probably in store for the advocacy directors, especially if/when a Federal Election is called. Our current MP, Rachael Blaney is not running again, it appears that a new candidate. Tanille Johnson has been named. Aaron Gunn has been nominated for the Conservatives. I wasn't able to determine who has been nominated for the Greens or Liberals.

A round table discussion on what issues are front and center for the Presidents of the Branches on the Island found them to be pretty similar in nature. Basically, member turnout to meetings, the difficulty in recruiting people to work on the executive, the rising costs associated with providing meals at general meetings, and how to recruit new members were the main issues. We also talked about the value of guest speakers at our meetings. It was agreed that speakers had to be interesting and good, maybe humorous, to be appreciated by the members. A commitment was made to share the names of interesting speakers with each other.

I am looking forward to seeing many of you at our upcoming Christmas Luncheon the details of which are included in this newsletter. Wow, where did the year go.

Norma Dean  
President

### ***From the Editor's Desk***

Hello fellow members of the John Finn Branch.

It's hard to believe we are nearing the close of 2024 already. This will be the final newsletter for the year. At our general meeting in October, Deputy Fire Chief Johnathon Walsh of the Courtenay Fire Department was our guest speaker. His talk was focused on 'Fire Safety Tips & Tricks'. Members in attendance really enjoyed his talk and he imparted some very good information. I took notes so that I could share some of the 'Tips & Tricks' for those of you unable to attend the meeting. These are some great reminders as we head into the busy holiday season.

#### **Cooking Hazards**

- Never leave items on the stove unattended. If you have to step away, turn off the stove.
- Use a timer or use auto-shutoff
- Grease fire – put a lid on it and remove from heat. Never use water as this will spread the fire.
- Keep a fire extinguisher in the kitchen.

#### **Fireplaces and Heaters**

- Ensure the fireplace has a sturdy screen
- A glass window/door needs as screen as well
- Keep rugs and mats a least 3 feet away

## **Space Heaters**

- Place on a hard flat surface
- Ensure proper ventilation. Carbon monoxide is an issue when burning natural gas or propane

## **Electrical**

- Inspect plugs and cords
- Don't overload plugs

## **Appliance Safety**

- Unplug small appliances when not in use
- Check cord and plug

## **Smoking Safety**

- Smoking indoors increases the risk of fire
- Smoke outside and extinguish properly

## **Smoke Alarm and Fire Alarms**

- Install alarms in every area of the home especially outside of the bedroom area.
- Sleep with the bedroom door closed. This provides a 30-minute barrier in the event of fire.
- Check smoke alarm monthly.
- Change batteries spring and fall

## **Mobility and Access**

- Keep egress routes clean and clear. Ensure you have clear paths throughout the home.
- Establish an evacuation plan
- Ensure there are no tripping hazards
- Wear proper footwear

Small actions today help to keep you and your family safe.

Most fire departments have great public education resources available online. Check with your local fire department. I found a some very helpful information and assessment tools on the Campbell River Fire Department site.

**If you have a fire, Exit the home and call 911.**

In closing, I would like to wish everyone a healthy and happy holiday season.

Sincerely,

Lisa McHaffie

Editor

## December Christmas Luncheon News

**North Island – John Finn Branch  
Christmas Luncheon  
Wednesday, December 11, 2024  
Best Western Westerly Hotel  
Courtenay**

11:00 a.m. – Meet & Greet  
Coffee & Tea

12:00 p.m. Christmas Lunch

**SAGE ROASTED TURKEY**

Stuffing, Cranberry Sauce & Roasted Yams

Mashed Potatoes & Grilled Vegetables with Balsamic Reduction

Garden Vegetables with fresh herbs and butter

Delicious Salads & Fresh Rolls & Artisan Bread

Assorted Premium Cheese Tray

Chef's Choice Hot Dessert

Fresh Fruit Tray & Assorted Squares & Holiday Sweets

Coffee & Tea

**Cost - \$27 per plate**

1:00 p.m. – Santa Claus & Gifts  
Door prize, 50/50 & Food Bank\* draws  
All Members Welcome

\* Bring a Food Bank donation to enter our prize draw. Place cash donations in a self-addressed envelope. Donors of \$20 or more will receive a receipt from the Food Bank.

**Reservations are required**

**Please RSVP no later than December 4, 2024**

**Cecile Turnbull at 250-338-1857 (Comox Valley)**

**Annette Store at 1-705-796-5198 (Campbell River)**





## BLACK FRIDAY & EXCLUSIVE VACATION DEALS FOR 2025 & 2026!\*

**\*\$\$\$ Off All-Inclusive Resort/Direct Flight Packages; Tours; River & Ocean Cruises!\***

**\*NEW 5\* RIVER, OCEAN, & EXPEDITION CRUISETOURS; FLIGHTS INCLUDED:**

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\* **COMBINE A RIVER or OCEAN CRUISE With a LAND/HOTEL PACKAGE,** Before or After Your Cruisetour.

\* **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 CRUISETOUR 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,**

**Call: AJI FLISS, ACC, Accredited Cruise Vacation Consultant, Travel Connoisseurs Club, Comox B.C.**

**Ph #250 898 3358 / [afliss@shaw.ca](mailto:afliss@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!"**



## A Message from Relocation Services Group (RSG) – Preferred Partner

### Moving and Real Estate benefits exclusive to Federal Retirees

#### Introduction

Relocation Services Group (RSG), established in 2003, offers more than sixty years of insider-industry experience, benefitting the association and its members through the offering of our moving and real estate services; offered independent of each other.

#### Real Estate Services

Our aim is to connect local, neighbourhood-specific, top-producers with association members. RSG has an in-house referring real estate brokerage, licensed to trade and refer in real



estate. We work with all real estate companies and representatives across Canada. We have developed one of the most highly respected data bases of real estate professionals based on customer recommendations and qualifications over the years. There is an option of using an agent of choice to assist but industry rules apply, such as our Real Estate Brokerage making initial contact with the Realtor to establish a referral, so please call for details.

RSG is home of the **“real estate cash rebate”**. When RSG coordinates your real estate transaction(s), you qualify for a cash rebate of a portion of commissions. Typically, the rebate (based on a 5% commission structure) will generate a refund of up to \$3.10/\$,1000 on the home sale price, including HST/GST paid. For instance, a home which sells for \$400,000 would qualify you for a refund of up to \$1,240.00. Agents love to work with RSG because if they treat our clients well and provide exceptional service, they will receive ongoing referrals.

### Moving Services

With RSG, you will receive a professionally coordinated household move. From the estimate to payment, and origin to destination, a full-service, professional experience. With one point of contact from RSG, this is the service that a federal retiree would come to expect with a full-service corporate relocation. The benefit is your assurance that help is a call or email away and eliminates the uncertainty of who to call with any concerns, difficulties or questions from the time you secure your relocation, until the time you are settled in your new home.

Some other benefits include: guaranteed pricing within 10% (wherever possible), volume pricing discounts, top rated driver (4.7 or greater based on a scale of 1 – 5 based on customer satisfaction, on-time delivery and claims experience), claims resolution assistance, payment of moving charges only *after* a complete audit of all paperwork is completed.

If you or a family member are planning a mover, sell real estate or purchase real estate, please have them call Relocation Services Group for more information. Toll free: 1-866-865-5504 or email: [info@relocationservicesgroup.com](mailto:info@relocationservicesgroup.com)





National Association  
of Federal Retirees

Association nationale  
des retraités fédéraux

# National Preferred Partners

## TRAVEL PARTNERS



### **n MEDOC Travel Insurance through Johnson Inc.**

1-855-772-6675

[www.johnson.ca/federalretirees](http://www.johnson.ca/federalretirees)

### **n Collette**

1-866-413-3762 | [www.gocollette.com](http://www.gocollette.com)

### **n Choice Hotels Canada**

1-800-4CHOICE (1-800-424-6423)

[www.choicehotels.ca/federalretirees](http://www.choicehotels.ca/federalretirees)

Client ID number: 219420

### **n Alamo Rent-A-Car**

1-800-Go-Alamo (1-800-462-5266)

[www.federalretirees.ca/en/At-a-Glance/Preferred-Partners](http://www.federalretirees.ca/en/At-a-Glance/Preferred-Partners)

ID#: 7016453

### **n Enterprise Rent-A-Car**

1-800-Rent-a-Car (1-800-736-8222)

[www.federalretirees.ca/en/At-a-Glance/](http://www.federalretirees.ca/en/At-a-Glance/)

[Preferred-Partners](#)

ID number: NAFRDSC

### **n National Car Rental**

1-800-Car-Rent (227-7368)

[www.federalretirees.ca/en/At-a-Glance/](http://www.federalretirees.ca/en/At-a-Glance/)

[Preferred-Partners](#)

ID# 5030905 **n**

### **VIA Rail Canada**

1-888-VIA-RAIL (1-888-842-7245)

[www.viarail.ca/en/federalretirees](http://www.viarail.ca/en/federalretirees)

Business rate code: 810962

## HEALTH PARTNERS



### **n AlarmCare**

1-800-267-2001

<http://myalarmcare.com/>

### **n GoodLife**

1-800-287-4631

<http://corporate.goodlifefitness.com/m>

### **n Énergie Cardio** 514-533-8386

[www.energiecardio.com/en](http://www.energiecardio.com/en)

### **n HearingLife Canada**

1-888-903-8146 | 1-888-903-5391 (Quebec)

[www.hearinglifeadvantage.com/federal-retirees/](http://www.hearinglifeadvantage.com/federal-retirees/)

## FINANCIAL ADVICE PARTNERS



### **n Arbor Memorial**

1-888-700-7766

[www.arbormemorial.com](http://www.arbormemorial.com)

### **n Canadian MoneySaver magazine**

519-772-7632

[www.canadianmoneysaver.ca](http://www.canadianmoneysaver.ca)

Discount code: FR

### **n Tradex**

613-233-3394 or 1-800-567-3863

[www.tradex.ca](http://www.tradex.ca)

## TECHNOLOGY PARTNER



### **n SimplyConnect**

1-844-483-2291

[www.simplyconnect.ca/federal-retirees](http://www.simplyconnect.ca/federal-retirees)

## HOME AND AUTO PARTNERS



### **n Home and Auto Insurance through Johnson Inc.**

1-855-516-5606

[www.johnson.ca/federalretirees](http://www.johnson.ca/federalretirees)

### **n Relocation Services Group**

1-866-865-5504

[www.relocationservicesgroup.com/federalretirees](http://www.relocationservicesgroup.com/federalretirees)

## John Finn Branch Executive

Position	Name	Telephone	E-Mail
President	Norma Dean	250-890-1218	<a href="mailto:president@nijf.ca">president@nijf.ca</a>
Vice President	Cecile Turnbull	250-338-1857	<a href="mailto:vicepresident@nijf.ca">vicepresident@nijf.ca</a>
Secretary	Cecile Turnbull	250-338-1857	<a href="mailto:secretary@nijf.ca">secretary@nijf.ca</a>
Treasurer	Edith Skiber		<a href="mailto:treasurer@nijf.ca">treasurer@nijf.ca</a>
Membership	Steve Bunyan	250-703-3558	<a href="mailto:membership@nijf.ca">membership@nijf.ca</a>
Newsletter Editor	Lisa McHaffie	250-491-2684	<a href="mailto:editor@nijf.ca">editor@nijf.ca</a>
Health Benefits Officer	Gordon Richardson	250-339-5446	<a href="mailto:healthbenefits@nijf.ca">healthbenefits@nijf.ca</a>
Programs	Annette Store	705-796-5198	<a href="mailto:programs@nijf.ca">programs@nijf.ca</a>
Welfare, Telephone Coordinator	Lena Jenkins	250-897-0038	<a href="mailto:welfare@nijf.ca">welfare@nijf.ca</a>
Communications	Bill Turnbull	250-338-1857	<a href="mailto:comm@nijf.ca">comm@nijf.ca</a>
Advocacy (Acting)	Norma Dean	250-890-1218	<a href="mailto:president@nijf.ca">president@nijf.ca</a>
Director			
Director			

## Welcome to New and Returning Members

Fanny & Jose Asete  
Carolyn Dutton

Jonathan Delude & Andrea Desilets  
Christopher & Molly Hillar

In Memoriam  
*never forgotten*



*Douglas Paige  
Morna MacIntosh  
Ray Morrison*

*Henry Oke  
Vance Shimla  
Irma Rowland*



## MEMBERSHIP UPDATE

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 7)**

Surname.....Given Names.....

Mailing Address.....

City/Town.....Postal Code.....Phone.....

Email Address.....

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