



National Association of Federal Retirees  
Association nationale des retraités fédéraux

WINNIPEG & DISTRICT

NEWSLETTER  
Summer/Fall 2016

## President's Message

By the time that you receive this newsletter our summer will be drawing to a close. I do hope that everyone took advantage of the weather to enjoy all that our province has to offer. Soon your board along with other volunteers will begin finalizing arrangements for the many activities and events planned for our members. A list of these, are found later in this newsletter.

Because of the changes to our by-laws and regulations necessitated by the National Not for Profit Act it became necessary for the Administrative Guidelines for Branches to be updated. These Guidelines are developed to assist with branch operations. As a branch president I was asked to participate in reviewing the work done to date. Much work has been done already but a draft of the Guidelines is still to be shared with all the branch presidents and Branch Services Coordinators BSCs (formally known as Regional Services Officers - RSO's) for their comments before it can be finalized.

As a member of the national Risk Management Committee I provided input to the Enterprise Risk Management Plan that was submitted and approved by the National Board of Directors.

### **Highlights from the Annual Meeting of Members (AMM)**

On June 28th your board of directors got together to be debriefed by those members who attended the AMM.

Elections were held at the AMM to fill vacancies on the national board of directors. Jean-Guy Souliere was elected as our National President and Roy Goodall was elected as National Vice President. As you may recall, Roy was one of our Prairie District Directors and he had not completed his full term which means that position must now be filled. According to our national by-laws the Board may, within 90 days following the position becoming vacant, fill the vacancy by appointment from the list of nominees provided or by appointing a nominee of their choosing. A call for nominations was sent out with a deadline of August 8th for submissions. It has been confirmed that Anne Ashcroft, former branch president of the Saskatoon branch will be our second Prairie District Director. I have known Anne for a few years and am confident that her experience at the branch level will serve us well.

### **Issues Raised at the Presidents' Forum**

At the AMM time is set aside for the presidents to get together to identify key issues, recommend a process with a goal of developing solutions. Some issues that came out of the discussions included the uneven level of engagement of presidents across the country. In many instances

where input is requested less than 10% of presidents respond. I find this most troubling as I view this as a significant responsibility of presidents.

Another issue of concern expressed by the presidents was the level of engagement of members which included attendance at meetings. As a result of a member survey, our branch has been able to offer a variety of activities that have been well attended. In addition, we have been able to secure speakers whose subjects are topics that our members have requested.

Many branches are struggling, particularly in recruiting board members and to this end some branches are having to seek dissolution. I am most pleased that our branch has a full slate of board members. We do recognize however, the need to be on the alert to identify and encourage members with the knowledge and expertise that will enable our branch to continue to be relevant.

### **Strategic Plan**

The national strategic plan was approved. Now the work begins to put the plan in motion. Your board will ensure that our efforts will go towards supporting the national goals wherever possible.

Below is a call for volunteers to fill very important positions to the branch and to the region. Please note the contacts for finding out further information. Also, if you know of someone who would be an excellent candidate, let us know and we will follow up.

Finally, I wish to acknowledge the contributions made on your behalf by your board of directors. Without their commitment to serve you we would not be able to achieve as much as we have.

*Pat Garrett*

### **Call for Volunteers**

Health Benefits Officer (HBO): As mentioned in earlier communications with members Barb Smith-Molloy is seeking a mentee for the position of (HBO). Barb's term expires in April 2017 and she would like to leave the position in good hands. The main role of the HBO is to provide information and respond to members regarding aspects of the Public Service Health Care Plan (PSHCP) and the Pensioners Dental Service Plan (PDSP) including eligibility, coverage and how to submit their claim or appeal. This can include the following responsibilities:

- periodically reviews plan documents and reviews information with national office staff to ensure accurate information is provided to members
- may make presentations about the PSHCP and/or PDSP at branch general meetings and/or writes a related article for the branch newsletter
- informs national office of problems or issues that their regional members experience with the PSHCP and the PDSP
- participates in HBO teleconferences, webinars, etc.
- keeps current by consulting the HBO intranet site on a regular basis

As a board member will attend board and general meetings (total maximum 7/year), support special events, may lead a committee, and participates in decision making at the board level. If you would like more information about the duties of this position, you should contact Barb. If this position appeals to you or if you know who else might be a good candidate, please let me know by calling (204)832-8642 or call Cynthia Foreman at (204)261-5528

### Branch Services Coordinator (BSC) formally Regional Services Officer

An opening for this position has come about as a result of the retirement of Stan Hrabarchuk. Stan has been a member of our Branch for several years and has held many positions both locally and nationally. When we found ourselves without an RSO two years ago Stan volunteered once again to support the Association and our region. It is time for him to enjoy his retirement and to pass the torch.

The following describes the position that now needs to be filled:

Each geographical region has a BSC. This region has five (5) branches located as follows: Winnipeg, Portage la Prairie, Pinawa, Brandon and Thunder Bay. The focus of the role is to provide administrative, operational support and training to the branches. To do this, the BSC will work with national staff as a key team member. The assistance includes, but is not limited to: orientation of new board members, member recruitment and retention, membership database, finance and accounting, communications, marketing; convenes annual regional meetings of branches to discuss administrative issues, exchange information and for training of branch volunteers; annually meets with each branch in the region; attends AMM as an observer; maintains liaison with the District Director; and proposes an annual budget for the BSC in consultation with the branches.

The support required by each branch will depend on their particular level of expertise. Some branches may require little support while others, particularly the smaller branches may need more.

Presidents within each region submit names of potential candidates to their District Director who will finalize the selection. Candidates should be committed to the goals of the Association, a dedicated team player, have excellent communication skills, high comfort level with technology. The duties of this position at first glance may seem somewhat onerous but there is a lot of support for this position both from the national level as well as locally. The term is for a period of three years. This position is viewed as critical to the ongoing success of our Association. Be assured that all measure of assistance will be given to the BSC to ensure their comfort with the duties.

### Branch Website Transition - Louise Jutras

Following our Annual General Meeting in April, we have initiated the transition from our own FSNA website to the new branch website. We will slowly populate the various navigation menus with existing and new informative documentation. We invite you to visit the new site on a regular basis to access the various topics as they are made available.

Your contribution is requested as we are seeking photographs of our beautiful Manitoba to share on our website with our members and site visitors. We are looking for photographs of nature, historical sites, and views of typical areas of our day-to-day life; for all four seasons. Please send your photographic contributions by emailing us at [nafrwpg@mymts.net](mailto:nafrwpg@mymts.net). The chosen photographs will be placed in an interchanged sequence to be posted in the carrousel above our new website. More photographs mean more rotation of various sequences throughout a given season. We will also replace the cycles as each season alternates.

We hope you will place our new website as one of your "favourite" sites to visit on a regular basis!

## **Membership Report - Dorothy Watermulder**

As at August 8, 2016 we have a total of 6097 active memberships which includes 47 new memberships in our Branch. The drop of 227 memberships from last report is due to a large number of members who have not paid their fees and became inactive. In addition, our files have been updated with the notification of deaths of a number of members. Please note the "In Memoriam" section in the SAGE magazine.

Total Double Memberships – 1959 (3918 Active Members)

Total Single Memberships - 2179, Direct Deduction System (DDS) – 3390

Non DDS – 748 (Paid Memberships – 731)

We have 2955 households with e-mail addresses, 18 with no telephone numbers which I am trying to trying to get. This is a increase of 95 new e-mails. There are 1095 households without e-mail addresses with 134 with missing telephone numbers. There are also 80 lost households.

### **Address Unknown**

This list is published in an attempt to locate members for whom we do not have a valid mailing, email or telephone number. If you know anyone listed below, please have them contact:

Winnipeg & District Branch, 526-3336 Portage Ave., Winnipeg, MB R3K 2H9, Phone: 204-989-2061 or email [nafwpg@mymts.net](mailto:nafwpg@mymts.net)

Joyce A Adkin	J Allard	L Beaudoin	Wendy Bovard	K Cameron
Donna Clarke	Josie Cleveland	Lillian Colpitts	Betty Cook	C Curtis
Stan W Davis	R Demers	K Dodds	R Eckersley	G England
William Evenson	Vivian Flewin	L Fontaine	Marcie A Foster	Prescilla D Fowler
Howard Gates	Raymond Gauthier	G Gillespie	Lisa Hamilton	Michajlina Hayden
Benjamin Hein	William Hucaluk	C Hudson	Lloyd Hugh	Ingrid Johanson
David Johnson	Marie-Paule Jubinville	Pete Klubi	Delores Kohler	SC Kreitz
J Lacroix	Gladys Leblanc	A Giles Letendre	Diane Linnen	H Luellman
G Lyons	J Mahon	George Martin	Stan Martin	Sheila McDonald
Elaine McLean	Clifford Morris	R Muyres	Earl Nelson	K Orpin
Meryle Pankewich	Claudette Papineau	Mary Phillips	Rick J Phillips	Arthur Poitras
M Povoledo	Rose Przibislawsky	F George Pursey	I Racz	Harold Ramdahin
Dennis Richard	Graham C Rowe	Della Schmidt	P Schnell	Shirley JHiebert
Craig Skimming	Joseph Skowronski	Roberta Smith	Andrew Spence	Muriel Stevens
Rita Stevenson	Donna Sullivan	Helen Tapping	Cecile Tario	Harry Tiessen
Muriel Tingley	S Vance	S Whelan	H Will	Paul G Wolf

## **Caring – Dorothy Watermulder**

One sympathy card was sent out. If you are aware of a death of a member or one who is ill, please let me know by emailing or phoning the branch.

## **2016 Golf Tournament Report - Jim Jarrett**

Once again, our branch sponsored another successful golf tournament. It was held on August 9th at the Scotswood Links Golf Course in Elm Creek with 97 golfers signed up!

The entry fee this year was \$60.00 which included golf, shared cart and steak BBQ and for those who just came for the steak it was \$25.00. The format was team best ball with a shotgun start at 10:00 a.m. We were able to streamline the registration process from what we learned from last year . A big thank you goes to Gerrit Westerhof and Dave Winmill for their help in collecting the fees and putting together the foursomes. Another thank you goes to Barb Moroz and Karen Kloss who were also a great help at the start of the tournament.

Although it seemed touch and go with the weather we were blessed with blue skies, sunshine and very pleasant temperature. Once players got their carts loaded along with the cold bottle of water provided by the branch the play started on time. As soon as golfers completed the round, our steak barbecue was ready and everyone was fed in a timely manner.

Prizes, in the form of a \$25 gift card, were presented for the following contests: Best Score, High Score, Men's longest drive, Women's longest drive, Men's Closest to the hole, Ladies Closest to the hole (front and back). All remaining participants got a sleeve of golf balls. Who can't use extra balls?

The donated prizes were handed out by drawing the score cards, Gerrit called a number between 1 and 4. If number 3 was called, then the third person on that score card was the lucky winner. \$200 gift cards to Hy's Steakhouse were donated by Jim Foreman, North End Weather Stripping Golf Bag - donated by Ken MacWilliam of Wajax Equipment Golf Bag and umbrella donated by Sam Marcotte

A special thanks to those who donated prizes, it makes for a little more excitement as we try to keep this tournament cost neutral for the branch.

The course has been tentatively booked for August 15, 2017. The new Club House will definitely be ready for us then! I have been assured that the costs will be kept reasonable. I will be reviewing this with them in the spring.



Jim Jarrett



Cynthia Foreman



Jim Jarrett presenting a prize



Everyone enjoying the steak BBQ and camaraderie

### **Health Benefits Officer report -Barb Smith-Molloy**

I have received several inquiries over the past few months and I would encourage you to contact me if you have any questions regarding your health benefits. If I don't have the answer, I will find out where to get it. Please contact me at: *E-Mail: [bmolloy@mymts.net](mailto:bmolloy@mymts.net) or Ph: 204-255-1959*  
Here are some points of interest:

#### **I. EMERGENCY TRAVEL ASSISTANCE BENEFIT**

Federal retirees with supplementary coverage with Sun Life have a Travel benefit of \$500,000 while traveling outside of your province.

If it is medically necessary to use an ambulance, either in Manitoba or elsewhere in Canada and the United States, Sun Life will pay 80% of the cost.

If, based on medical need, you need to be transported by air, Sun Life will pay 100% of the cost, up to the \$500,000 limit. "Medical need" is determined by Alliance Global Assistance 1-800-667-2883 in Canada and the United States. From all other countries call collect 519-742-1342.

Alliance Global Assistance's 24-hour help line can be called any time emergency help is needed while traveling.

#### **II. WE'RE LUCKY IF WE GET TO BE OLD, PHYSICIAN AND PROFESSOR BELIEVES.**

By [Tara Bahrapour](#) The Washington Post January 23

"I have a confession to make," Bill Thomas announced several months ago at a conference on aging in Oregon. "I am an old man." "No, you're not!" an audience member called out. It was meant, no doubt, as a compliment: Despite his gray-streaked beard and crow's feet, the 56-year-old geriatrician-cum-thespian crackles with high-octane energy. And isn't that what we all want to hear as we age? That we don't look old? That we seem younger than we are? It's not what Thomas wants to hear. After more than 20 years of trying to make life better for old people, he believes the correct message is the opposite: That we are lucky if we get to grow old. That there is a "third" phase of life beyond adulthood that can be as rich as either of the phases that came before.

“Man, I’ve got a lot of work to do,” he said to himself that day in Oregon.

In the land of Botox and celebrity teenagers and the 18-to-34-year-old target consumer, the idea that old age can be as rewarding as youth is not an easy sell. In fact, Thomas believes that Americans have bought so willingly into the idea of aging as something to be feared that it has become a self-fulfilling prophecy leading to isolation, loneliness and lack of autonomy. He wants to change that, and he is well qualified for the job.

The Harvard Medical School-trained physician and professor at the University of Maryland Baltimore County’s Erickson School of Aging is known for sparking explosive new ideas in elder care. He is particularly well-known for pioneering “The Eden Alternative” — a radical system of humanizing nursing homes by introducing a radical system of humanizing nursing homes by introducing live animals and plants.

To read the rest of this fascinating article, please go to the website:

[https://www.washingtonpost.com/local/social-issues/were-lucky-if-we-get-to-be-old-physician-and-professor-believes/2016/01/23/251ed8b2-b9c2-11e5-829c-26ffb874a18d\\_story.html](https://www.washingtonpost.com/local/social-issues/were-lucky-if-we-get-to-be-old-physician-and-professor-believes/2016/01/23/251ed8b2-b9c2-11e5-829c-26ffb874a18d_story.html)

### **Tours of the All Seniors Care Retirement Residences - Lucy Cummings**

The tour on June 23rd 2016 had attendance of 32 members, and June 30th had 22. I believe that both tours were very informative and successful. Our members asked many questions and they seemed to be quite happy with the offers outlined in the Memorandum of Understanding. The lunch on both tours were quite good, members with special food needs were accommodated. The meals were served before the tour, everything was very timely.

During the dessert the Lifestyle Directors, Kelly Langevin of Seine River and Rhonda Westmacott of River Ridge 1 spoke on the various amenities, activities and services they have to offer. The tours were divided into four groups due to the number of members attending. As well, the elevators can only take ten persons at a time. I would like to thank Donna Hartie, a member who assisted me with the various groups. Each member was given a package with information on the Retirement Residences. If anyone is interested in a tour you are asked to contact the branch by e-mail or telephone.

### **Schedule of Activities - Nicky Compton**

Gerry Jennings will be giving a presentation at our general meeting on September 20th on Senior Safety. The information will include information about scams and general safety.

Two stand alone sessions will be offered on September 28th. In the morning we will have a presentation from a representative of the Canadian Snowbird Association. Information will be provided on issues Canadians need to know such as cross border issues, time in U.S. and coming home, working in the U.S., how to count the number of days in U.S., update on retired pension’s visa. The representative will be available to answer questions following his presentation. At noon attendees will be treated to a light lunch of sandwiches, dessert, tea and coffee. In the afternoon a presentation on fire safety and how to keep your house or condominium safe.

Pointers that will be discussed include fire escape planning, calling 911, smoke alarms and CO2 detectors. Members who are interested in attending one or both of these presentations should confirm your attendance with Dorothy Watermulder **no later than September 21, 2016** by e-mailing or telephoning the branch. Please let her know if you will be attending both sessions, including lunch or just one of the sessions.

On October 4th in Gimli members will have a presentation on financial changes; income splitting; TFSA; RRSP withdrawal; estates; money management; taxes. We are anticipating that this same presentation will be made available to our members in Winnipeg at a later date, to be announced. Other stand alone offerings are being researched and members will be advised once we have confirmed the presenters.

### **Other events being arranged - Jim Jarrett**

In order to raise awareness of our "Association" members of your board participate in community events that recognize seniors and the 55+ group. These generally are held in October. In addition, we plan to secure a table once again at the Community Fair at 17 Wing, CFB Winnipeg later in the fall. I will be looking for volunteers to help with these events.

### **Schedule of Meetings**

Board of Directors - September 8, 2016

General Meeting - September 20, 2016 - (held at Army, Navy, Airforce Veterans Branch 283, 3584 Portage Ave., Winnipeg) **must contact** office by e-mail (nafrwpg@mymts.net) or phone 204-989-2061 to confirm attendance **by September 12**. Free lunch to members at noon followed by meeting and guest speaker.

Outreach meeting in Gimli - October 4, 2016 - members living in and around this area have received an invitation with details as to location, time, and guest speaker.

Learning Conference - October 17-19 - members from each branch executive in the region will be represented.

Board of Directors - November 3, 2016

General Meeting - November 15, 2016

