



# Staying in Touch

## Vancouver Island North Branch



Newsletter No. 49 June 2011

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### **PRESIDENT'S MESSAGE**

Well, after what seemed like a very long winter or a very late spring, our warm weather has finally arrived. A few reminders to our members:

- ✎ If you agree to attend a luncheon and subsequently can't attend and have not called to cancel within 24 hours of the luncheon, you will be billed for your meal(s).
- ✎ Christmas Luncheon tickets for our December meeting will go on sale at the June 8 meeting.
- ✎ Our guest speaker for our June Meeting will be Miriam Bozman, Marketing Director, for the Home Medical Shop, speaking on Aging in Place. The presentation features the top ten fixes for aging adults to avoid, for as long as possible, the costs and inconvenience of moving from their homes.
- ✎ As of June we will have a new Regional Services Officer (RSO) serving the five Vancouver Island Branches. Rhonda Mizen of the Duncan branch will take over that position from Al Heinrich after the AGM in Ottawa this year.

Bill Turnbull has taken on a partner for Health Benefits. Elizabeth Steeves has a great background in this area and will be available to help you if you can't get a hold of Bill. Elizabeth's phone number is 250-871-8771.

I will be attending the AGM in Ottawa in June on your behalf. This year we will be having an all presidents meeting with the National Board of Directors prior to the AGM. This gives us a chance to discuss problems and issues in our respective branches and get feedback from other presidents. At the AGM

### **MEETING DATES**

June 08, 2011  
September 14, 2011  
December 14, 2011

we will be looking at thirteen new resolutions and the strategic direction of the organization. Other items on the agenda include Bill C-4, improving communication within the organization, the role of the RSO, and advocacy priorities for the future.

I hope to see all of our members at the Luncheon/meetings and in conclusion I hope everyone has a great summer.

Cecile Turnbull - President

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## From the Editor's Desk

Summer will soon be here! We have started a new section in the newsletter titled "In memoriam" wherein we will report the passing of members when we become aware of them. Please be sure to let me or any of the Executive know when you become aware of the passing of one of our members so that we can be sure to include them in our "In Memoriam" section. The HBO Notes explain the recent Public Service Health Care Plan rate increase. When space permits we have decided to include a description of one of your branch executive duties/activities. Since this edition has the room I have included the duties of the Newsletter Editor. Though it is not onerous, the work of your executive is important to the ongoing work of the Association. Perhaps with the knowledge of what we do more of you will be inclined to consider running for the executive. The association is only as good as the members willing to give their time and energy to it.

Kevin Weighill—Newsletter Editor

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**Vancouver Island**  
**North Branch**  
**NATIONAL ASSOCIATION**  
**OF FEDERAL RETIREES**  
**(FSNA)**

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**Representing retired employees  
 and spouses**

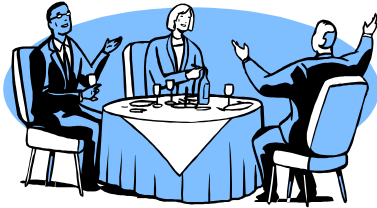
**From the Public Service of  
 Canada, the Canadian Forces and  
 the Royal Canadian Mounted  
 Police**

### **FSNA NORTH ISLAND EXECUTIVE**

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Independent Financial Review Committee 2011:

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Dave Shewchuk	331-0210



**Luncheon News**

**2nd Luncheon Meeting - Wednesday, June 8, 2011**

The next Luncheon/Meetings for 2011 are the following:

**Wednesday, September 14; and Wednesday, December 14**

**Guest Speakers for March:** Miriam Bozman – speaking about Aging in Place. The ten top easy fixes for aging adults to avoid the cost and inconvenience of moving from their homes, will be the context of her talk.

The March Luncheon for the FSNA will be held on Wednesday, June 08, 2011 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. The Lunch will be a Chefs choice hot and cold buffet with salads, cheeses, and desserts coffee and tea.

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

Hope to see everyone at the meeting.

Barb Schneider—Programs

**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 at least 24 hours before the meeting.

If you don't .....**you will be billed for the cost of the meal !!!**

**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**



## In memoriam

**Members who have recently passed:**

+ **Patricia George**

+ **Brady Brown**

+ **Mary Carrigan**

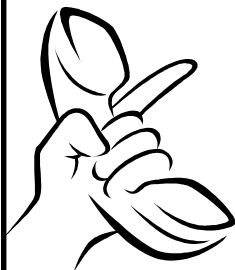
**Our deepest sympathies goes out to all the members' families and friends.**

**NOTE: Our apologies to Peter Dellow for reporting erroneously of his demise in the mailed out edition . He states he is "alive & well! Our condolences on the passing of his wife....the VI North FSNA Branch Editor and Executive**



### **VOLUNTEER APPRECIATION BBQ**

Hello Volunteers, Just to let you know we will be having our FSNA volunteer appreciation BBQ on July 9th at the Kin Beach picnic area, 1712 Astra Road Kin Beach Provincial Park. All you have to bring is your sun hat, lawn chair and appetite. As a thank you for the great work everyone does it is our chance to personally thank everyone for all your great efforts, which obviously are very successful when you see everything that is accomplished and the terrific turnouts we get at our luncheons. This is a great chance for all of us to put faces and names with the voices. So please put the date July 9th on your calendars and let us thank you personally for all your hard work. This will also be a great time to brainstorm on what special idea we can come up with to celebrate our FSNA 50th anniversary next year. So come out and enjoy the company the eats and the good time we always have. See you at the beach.....  
Vancouver Island North Branch Executive



### **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

## **Notes from the Health Benefits Officers**

### **Second Health Benefits Officer**

Elizabeth Steeves has agreed to serve in the capacity of HBO so that there should usually be someone available to handle queries should one of us be away for an extended period of time. Her contact information can be found in the list of Branch Directors.

### **PSHCP Premium Increase**

All who subscribe to the Public Service Health Care Plan (PSHCP) should have received a pay statement for April reflecting an increase in PSHCP premiums. The background to this issue is that, many years ago, all parties to the PSHCP agreed that pensioners' premiums should cover 25% of program costs (meaning that the Government share would be 75%). In point of fact, our share of actual costs has been below target for the past decade:

2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
23.5%	20.3%	18.9%	17.2%	15.7%	14.9%	20.3%	20.8%	20.0%	18.6%

So the most recent increase was intended to bring our share up to 25%. With health care costs continuing to increase, one might expect some erosion of that percentage over the coming years.

### **BC Health Insurance Premiums**

While this is no longer news, BC Health Insurance premiums did rise in December 2010. That would have been reflected in a December pension pay statement. By the way, we hope that all pensioners have their pension office pay the BC premiums. That way, the federal government pays one-half of the amount owing. While it's a taxable benefit, something is always better than nothing. The amount you pay from your pension will appear on a pay statement under "Standard Deductions, Prov Medicare".

### **Supplementary Death Benefit (SDB) Case Rejected**

In March 2010, the Supreme Court of Canada rejected a class-action lawsuit brought by two Vancouver Island widows which challenged the gradual reduction of the SDB with age. The court said this was not a case of age discrimination because the SDB was never intended to be a long-term income stream for survivors but was instead akin to life insurance (with a higher payout to younger families).

### **Forms, the Bane of Our Existence**

Previously we have written about the importance of survivors' completing and returning forms to the pension office in a timely manner. Someone asked where to find copies of the forms in question if the pension office is slow in sending them out. We also get requests for claim forms.

## **Forms, the Bane of Our Existence (continued)**

If you have internet service or know someone who does, here are some places to look:

Public Service Health Care Plan Enrolment / Coverage Change / Claims:  
<http://www.pshcptrust.ca/english/forms/default.shtml>

Pensioners' Dental Service Plan Enrolment (non VAC):  
[http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/form/439\\_e.pdf](http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/form/439_e.pdf)

Pensioners' Dental Service Plan Enrolment (VAC):  
[http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/form/437\\_e.pdf](http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/form/437_e.pdf)

Pensioners' Dental Service Plan Claim Form:  
<http://www.tbs-sct.gc.ca/tbsf-fsct/pdsp-rsdp-eng.pdf>

FSNA Membership Enrolment / Change / Payment Method:  
[http://www.fsna.com/pdf/membership/application\\_form\\_2008\\_may08\\_web.pdf](http://www.fsna.com/pdf/membership/application_form_2008_may08_web.pdf)

### **Long Term Care Insurance (LTCI)**

This FSNA affinity program is underwritten by Sun Life and brokered by Johnson Insurance. What slipped quietly by us all was that Johnson also became the plan administrator in June 2010. Prior to that time, administration was handled by a contractor in the USA. The point of contact for BC residents now becomes Johnson's Langley office at 1-888-412-8822. This should simplify all matters for participants in this program.

### **Falls**

A recent newspaper advertising supplement suggests that some 1.3 million Canadians over the age of 65 are likely to fall this year. It also pointed out that the majority of reported injuries occur in and around the home. Some simple fixes that the article recommended were:

- Secure or eliminate small rugs
- Have secure handrails on both sides of stairways
- Have a handrail in the shower or bathtub
- Apply a non-skid treatment to bathtubs
- Install night lights

These thoughts begin to touch on the subject to be addressed by our guest speaker at the upcoming June General Meeting. We are looking forward to that presentation.

*Bill Turnbull*  
HBO

*Elizabeth Steeves*  
HBO



A **paraprosdokian** is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part. It is frequently used for humorous or dramatic effect, sometimes producing an anticlimax. Here are a few examples:

- Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- The last thing I want to do is hurt you, but it's still on the list.
- Light travels faster than sound, this is why some people appear bright until you hear them speak.
- If I agreed with you, we'd both be wrong.
- We never really grow up; we only learn how to act in public.
- War does not determine who is right - only who is left.
- Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.
- The early bird might get the worm, but the second mouse gets the cheese.
- Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.
- To steal ideas from one person is plagiarism, to steal from many is research.
- How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.
- I thought I wanted a career, turns out I just wanted pay checks.
- A bank is a place that will lend you money, if you can prove that you don't need it.
- Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- Why do Americans choose from just two people to run for president and 50 for Miss America?
- Behind every successful man is his woman, behind the fall of a successful man is usually another woman.
- A clear conscience is usually the sign of a bad memory.
- You do not need a parachute to skydive, you only need a parachute to skydive twice.
- The voices in my head may not be real, but they have some good ideas!
- Always borrow money from a pessimist, he won't expect it back.
- A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.
- Hospitality: making your guests feel like they're at home, even if you wish they were.
- Money can't buy happiness, but it sure makes misery easier to live with.
- Some cause happiness wherever they go, others whenever they go.
- I used to be indecisive. Now I'm not sure.
- When tempted to fight fire with fire, remember that the Fire Department usually uses water.
- You're never too old to learn something stupid.
- Nostalgia isn't what it used to be.
- Some people hear voices, some see invisible people, others have no imagination whatsoever.
- A bus is a vehicle that runs twice as fast when you are after it as when you are in it.

## **FSNA North Island Branch Newsletter Editor - Description of Work**

All committee members solicit, write, or gather articles, (sufficient to fill 8 pages). This process normally begins between the 5th and the 15th of the month preceding any month in which there is a scheduled Branch luncheon meeting. There are 4 issues per year. The objective is to prepare the newsletter, about 1120 copies, and have it mailed so that it arrives at members' residences in the week before the week of the luncheon meeting. There are the following sources for articles:

- ✓ The Current Branch President - "The President's Corner;
- ✓ Editor - "From the Editor's Desk";
- ✓ Check with Treasurer for any items related to finances;
- ✓ Check with Membership Director for any items related to membership and to establish the number of newsletters to be printed;
- ✓ Items raised at the executive table that need to go into the newsletter; i.e. Notices of upcoming meeting dates;
- ✓ Notices of motions, requests for member input, membership application, etc.;
- ✓ Articles from other FSNA Vancouver Island - Lower Mainland newsletters;
- ✓ Articles from North Vancouver Island Branch members;
- ✓ Articles of interest to seniors from the internet or other sources;
- ✓ Humor-jokes, cartoons;

When articles are on hand sufficient to fill the newsletter the editor scans for grammar, typos, spelling, etc. and then forwards proofed material to the layout person, (currently being done by the editor as well) who prepares the newsletter by:

- ✓ Arranging articles in logical order
- ✓ Inserting graphics to make the presentation more interesting
- ✓ Adding an index of articles
- ✓ Adding page numbers
- ✓ Inserting information that appears in each issue as a matter of routine, such as the web-site address, membership application form, etc.
- ✓ Preparing a .PDF version of the final layout for the website
- ✓ Sending a "camera ready" copy of the newsletter to the editor for final perusal
- ✓ Providing feedback to the editor and other committee members on articles written, and other aspects of newsletter production

The Editor delivers the "camera ready" copy to the printer (Speedy Printers on Fitzgerald). The Layout person currently uploads the "camera ready" copy electronically to the printer.

As it works now with me producing the newsletter, from this point on, other Directors are involved in addressing the envelopes for mailing the newsletters, picking up the printed newsletters and getting them to the Beaufort Association of Comox Valley for the Mentally Handicapped who stuff the envelopes. They are then picked up from there and dropped off at the post office for mailing.

The production and distribution of the newsletters takes about 2 weeks and costs in the neighbourhood of \$1750.00 per edition which includes printing, envelope stuffing and postage. The average printed production is about 1100 copies. There are a number of members now receiving their newsletter copy through e-mail though the bulk of our members still receive it by mail. As well shortly after the mail distribution, a copy is posted on our web-site [http://www.fsna-nvi.com/n\\_isle/n\\_isle-pages/n\\_isle\\_news.htm](http://www.fsna-nvi.com/n_isle/n_isle-pages/n_isle_news.htm)

The Vancouver Island Branch of the FSNA membership as of February 1st, 2011 stood at 1,434 plus 743 spouses for a total of 2177 members.

Watch for the descriptions of other Directors in forthcoming issues.

Kevin Weighill—Newsletter Editor