

STAYING IN TOUCH



North Island - John Finn

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President's MESSAGE

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Hello everyone.

This is my first message to members as your new Branch President. As way of introduction I will tell you a little about myself. I'm originally a prairie girl, born in Fort McLeod, Alberta where my father was in the RCAF and raised on a farm just outside North Battleford, Sask. Myself and my four brothers and sisters were free range kids without the numerous fears and restrictions that children have to deal with today. Once chores were done my mom was happy to not see us again until supper time. A different world.

Once I was finished high school I was launched into the world of employment and floundered a bit for a few years although always managed to have a job of some kind. It wasn't until I moved to Vancouver and was offered a two week "casual" position at what was then the Unemployment Insurance Commission that my career in the Federal Public Service began. Two weeks turned into 37 years and took me back to Saskatoon, then Regina and finally to Yellowknife, NWT where I lived with my husband and four sons for 27 years.

I loved my time in the North and the opportunities to lead a team of incredibly dedicated staff, to travel across the North, co-facilitating agreements with aboriginal groups, non profit organizations and other Federal and Territorial departments and experiencing things most Canadians only dream of. A decision to retire and leave Yellowknife was difficult but in 2007 my husband and I decided it was time to live with as little snow as possible, thus our move to Comox. We arrived in July and attended our first Federal Retirees meeting in September. At that meeting there was a plea for more phoners so I put my hand up. I guess the rest is history and here I am, your President. I hope I do not disappoint you.

LUNCHEON MEETINGS
(Tentatively)
September 9, 2020
December 9, 2020
March 10, 2021
June 9 2021

We had a good turnout to our AGM, held on March 11th. In addition to the election of myself as President, Warren Kelley as Vice President, Bill Turnbull as Communications Director and Cherie Kelley as phone Coordinator; Paddy O'Blenis was re-elected as Program Coordinator, Serge Gosselin as Treasurer, Steve Bunyan as Membership Director and Kevin Weighill as Editor/Publisher. We were fortunate to add two new Directors to our ranks, those being Brad Bridgeman and Gordon Richardson.

Continued on Page 2

President's Message Continued from Page 1

Immediately following our AGM we were hit with the restrictions brought about by the COVID19 epidemic. Wow, who saw that coming. As a result, the executive had to devise a different way of meeting. Enter Zoom, an online method of communicating. We scheduled our first Zoom meeting for May 5th. At that point, secretary, Edith Kelly, decided to resign due to the increasing requirement for working with technology. We were sad to see Edith go as she had been an integral member of the executive for many years. Thank you Edith. At our meeting the following decisions were made; Cecile Turnbull would take over Secretarial duties, Gordon Richardson will take over as Health Benefits Officer, Brad Bridgeman will work with Bill Turnbull on Communications and Warren Kelley will add Advocacy to his duties as Vice President. We feel we have a solid team for moving forward.

National Office has informed all branches that the Annual Meeting of Members (AMM) normally held in June, has been postponed. Corporations Canada advised NO that they are required to call the AMM by the end of October and to conduct the meeting by the end of December. The national board has decided to hold the meeting electronically sometime during the week of Nov 30 - Dec4. The Director of Advocacy and her team have prepared a couple of documents for the National board summarizing perspectives on pensions and benefits and health care. These perspectives are a compilation of what staff have observed and what they are reading and hear in the media. The perspectives will be shared once they are reviewed. The National board feels it is important that members know they will continue to monitor the effects of COVID19 on the Association and our members and will work tirelessly communicating with and advocating on our behalf.

I hope all of you are staying healthy and finding ways to cope with the restrictions imposed by the virus. Unfortunately we have had to cancel our lunch meeting in June but hopefully we'll get to see you in September. In the meantime reach out if you need to and find safe ways to enjoy the summer.

Norma Dean - Branch President

It's always better to get a second opinion

As a child, I always had a fear of someone under the bed at night. So I went to a shrink and told him: I've got problems. Every time I go to bed I think there's somebody under it. I'm scared. I think I'm going crazy."

"Just put yourself in my hands for one year," said the shrink.... "Come talk to me three times a week and we should be able to get rid of those fears." "How much do you charge?"

"One hundred fifty dollars per visit," replied the doctor.

"I'll sleep on it," I said.

Six months later the doctor met me on the street. "Why didn't you come to see me about those fears you were having?" he asked.

"Well, \$150 a visit, three times a week for a year, is \$23,400.00. A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought a new pickup truck."

"Is that so?" With a bit of an attitude he said, "and how, may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed. Ain't nobody under there now."

NAFR NORTH ISLAND — JOHN FINN BRANCH EXECUTIVE

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From the Editor's Desk

Since March this has been quite chapter in the history of the world. It has been a challenge to deal with the new way of shopping for groceries, eating out and getting medical services. What the new "normal" will look like remains to be seen but I am sure we will be forever changed by the pandemic.

As the Country & Western song goes "Things change and then they change again". In keeping with that thought you will see several places in this issue where there have been significant changes in the Branch Executive following the election at the March Annual General Meeting.

I have included more humour in this issue which will, I hope, help to lift everyone's spirits during this difficult time.

On a completely different note, I find it interesting that many of the heroes during this pandemic are workers like truck drivers & retail clerks in grocery and pharmacy businesses, yet prior to this their work was not highly valued. As well many of the deaths attributed to the corona virus have been in long term care facilities, particularly in Quebec and Ontario. I hope that this makes it clear to both levels of government that there needs to be more & better paid and trained staff working in these types of facilities. OK, sorry, I'm off my podium now.

Take care over the summer and I hope that the fall brings better times and a less restrictive atmosphere so we can get back to our social activities.

Kevin Weighill—Newsletter Editor

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**Representing retired employees
and spouses**

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

**Remember the five
simple rules to be happy:**
 Free your heart from hatred - -
 Forgive.
 Free your mind from worries -
 - Most never happen.
 Live simply and appreciate
 what you have.
 Give more. Expect less.

Program Director's Update

Hello everybody. I hope you and your family are well and safe. To try to keep you that way we have cancelled the scheduled 11 June 2020 luncheon meeting. At the time of this writing, the Best Western Westerley Hotel in Courtenay is not yet open. When it does reopen it will be difficult to maintain social distancing in their facility. Until something can be worked out that will keep everyone safe, the Branch Executive decided to cancel the meeting out of an abundance of caution. In the meantime, we will keep you updated on our progress toward later meetings.

Currently our luncheon meeting booking for 09 September 2020 is still set though tentative. Hopefully, we will have some good news about whether the luncheon will go ahead well before that meeting. **Normally our Christmas meeting ticket sales begin at the June meeting. Since the meeting has been cancelled we will be selling tickets at the September luncheon for the December meeting. If you plan to be around in December, be sure to watch the newsletter and/or your e-mail for when or where the ticket sales will be held. As in the past there will be no sales at the door in December (unless the September meeting is also cancelled and the December meeting is still going ahead with no other way to purchase them.)**

I hope that everyone has a good and safe summer.

Paddy O'Blenis – Program Director

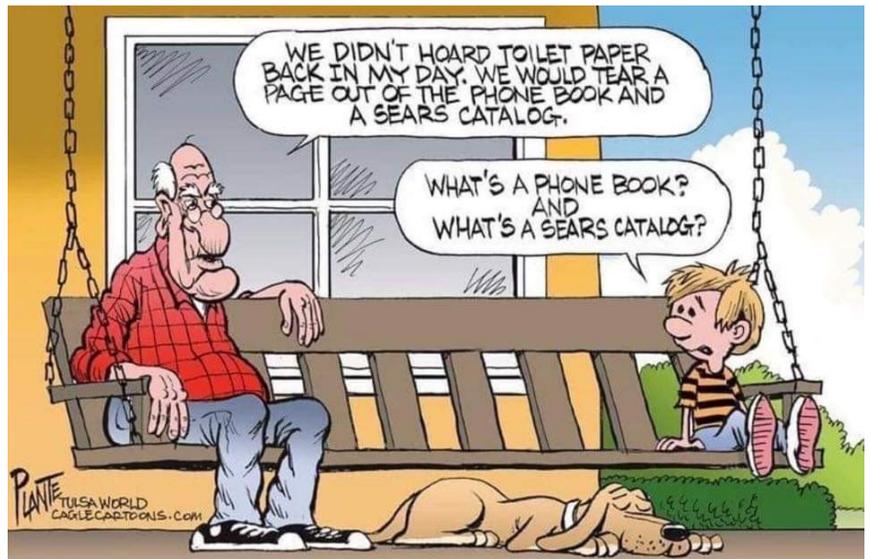
Our Branch Web Site:

<http://www.nijf.ca>

HUMOUR CORNER



"This is my grandpa. He's going to explain why this country is going to hell in a handbasket."



Information from the Health Benefits Officer

As you may have noted from Norma Dean's message, Cecile Turnbull has taken over as the Branch Secretary. I have accepted the assignment of Health Benefits Officer as her replacement. My name and contact information is below:

Gordon Richardson

- ◆ Home phone is: (250) 339 - 5446
- ◆ Cell Phone: (250) 702 - 5446
- ◆ Email: gordon.donlie@gmail.com

Please don't hesitate to contact me.

Gordon Richardson - HBO

One-time tax-free payment for seniors

From: <https://www.canada.ca/en/services/benefits/publicpensions/notice-covid-19/one-time-payment.html>.

COVID-19: One-time payment for seniors

You do not have to apply for the additional support. You will receive the payment as soon as possible.

The payment for seniors provides support through a one-time payment:

- \$300 for seniors eligible for the Old Age Security pension, and an additional \$200 for seniors eligible for the Guaranteed Income Supplement. This measure will give a total of \$500 to seniors who receive both the Old Age Security pension and the Guaranteed Income Supplement, and will help them cover increased costs caused by COVID-19.

Eligibility - The one-time payment for seniors is available to individuals who are eligible to receive the Old Age Security pension or the Guaranteed Income Supplement in June 2020.

How to apply - You do not have to apply. All individuals who are eligible to receive the Old Age Security pension or the Guaranteed Income Supplement in June 2020 will receive the one-time payment for seniors.

Date of payment - We will issue the payment as soon as possible.

Method of payment - The one-time payment for seniors will be paid to your bank account if you are enrolled for Direct Deposit. If you are not enrolled for Direct Deposit, you will receive a cheque. We encourage recipients of the Old Age Security pension and the Guaranteed Income Supplement who currently receive payments by cheque to sign up for direct deposit to avoid payment delays.

Payment amount - Everyone will receive one payment.

- If you only receive the Old Age Security pension, you will receive a single payment of \$300.
- If you receive the Old Age Security pension and the Guaranteed Income Supplement, you will receive a single payment of \$500.
- If you receive the Allowance or the Allowance for the Survivor, you will receive a single payment of \$500.

Spouse and common-law partner - You and your spouse or common-law partner will each receive \$500 if you are both receiving the Guaranteed Income Supplement.

For couples where one partner receives the Guaranteed Income Supplement and one partner (between the age of 60 and 64) receives the Allowance, the partner receiving the Guaranteed Income Supplement will receive \$500 and the partner receiving the Allowance will receive \$500.

Allowance for the Survivor - Recipients of the Allowance for the Survivor will receive the \$500 for the Guaranteed Income Supplement.

Non-taxable payment - The one-time payment for seniors is non-taxable. You will receive the full amount (no withholds). You will not receive a tax slip and you will not have to report this amount in your 2020 tax return.

How to Choose the Best Dog for an Older Person

You can enjoy the many advantages of dog ownership at any age, but it's important to find the right animal. Here are some factors to weigh when selecting a dog:

- **Energy level** - Some breeds require more exercise than others. If you're fairly active, you may be able to handle a dog that needs lots of play time and opportunities to run. But if you have mobility or stamina issues, you might want to choose a dog that is content with a few short walks. Some very small dogs may even be able to get all the exercise they need just by running around inside your home.
- **Size** - Smaller dogs are easier to keep under control and are more suitable for seniors living in condos, apartments, or care facilities. Small dogs can fit in your lap, are more portable than larger breeds, won't physically overwhelm you, and can be easily washed in a sink. However, some small dogs have lots of nervous energy and try to make up for their diminutive stature with plenty of barking. (This doesn't always hold true, though: Among dogs that bark the least are smaller breeds like the pug and the Boston terrier). Alternatively, docile larger dogs that don't require a lot of maintenance may be a good choice.
- **Age** - Older dogs are better dogs for seniors to adopt than puppies that are super active and tend to chew and nip. (Most dogs are considered to be "seniors" when they reach about age seven.) Adult dogs are typically already housetrained and well-socialized with people. Mature dogs also tend to be the calmest dogs, with more predictable behavior patterns. In addition, it's wise to think about the life expectancy of different dogs and how likely it is that your pet will outlive you. Who will take care of your dog if you aren't around to do so?
- **Temperament** - Dogs' temperaments are influenced by the genes they are born with as well as the way they are brought up. While any dog can be raised to be friendly, some breeds are more naturally conditioned to be gentle and welcoming. Beagles, retrievers, poodles, and bulldogs are among the dogs that have the best temperament. But keep in mind that every animal has a unique personality. Try to interact with any potential pet you are considering in order to get a feel for how well-suited you are to each other.
- **Grooming requirements** - Some breeds need to be bathed, trimmed, and clipped regularly, while others just need a quick brush every so often. Be sure to choose a dog whose needs you can manage, either by yourself or with the help of a family member or professional groomer.

8 of the Overall Best Companion Dogs for Seniors

(From article at www.greatseniorliving.com)

What are some of the best companion dog breeds? Elderly people have a wide range of needs and preferences, so the perfect pet for one senior may be entirely unsuitable for another. That said, some breeds have certain combinations of traits that make them popular choices for retirees. Here are eight of the top companion dogs for older adults:

1. Poodle

Thanks to their extraordinary intelligence and highly trainable nature, poodles are good companion dogs. They form a strong bond with more than one member of their human families and are one of the best dogs for couples. They are sweet, gentle, and loving animals. Poodles need a daily walk but are otherwise content to play or just lie on the couch. They don't shed, but they do need to be groomed every month or so. You can choose from three sizes of poodle: toy, miniature, or standard.

2. Cavalier King Charles spaniel

These quiet, small dogs make some of the best lap dogs for seniors. They love nothing better than snuggling up with their owners, and they get along extremely well with adults, children, and other pets. Active and playful, they are also intelligent and easy to train. Their long, soft, beautiful coat requires regular grooming and an occasional bath. Keep in mind that this dog breed loves to chase things; you'll need a long leash or a fenced yard.

3. Boston terrier

Looking for a smaller-sized companion dog who will be utterly devoted to you? Boston terriers are adaptable, friendly, mild-tempered dogs whose favorite activity is sitting peacefully with their owners. They are easy to train and don't bark much, which makes them well-suited to apartment or condo life. Their grooming needs are minimal, since their short, smooth coat (which resembles a black-and-white tuxedo) is easy to care for. They don't do well in hot weather, though.

4. Maltese

Weighing in at just four to seven pounds, the tiny Maltese is widely regarded as the quintessential lap dog. Bright, gentle, and playful, these dogs get along well with other pets and are extremely attentive to their owners' moods. (In fact, they are frequently used as therapy dogs. Check out <https://www.greatseniorliving.com/articles/good-dogs-for-seniors> .) While they don't need a lot of outdoor exercise, they do like going for short walks and dashing around the house. Their silky white coat doesn't shed but does require daily brushing and weekly bathing.

5. Pembroke Welsh Corgi

Intelligent and lively, Pembroke Welsh corgis are high-energy dogs that live for human attention and are big on pleasing their owners. They are famous for being the favorite pets of Queen Elizabeth II. They have squat bodies and short legs, and they typically weigh between 25 and 30 pounds. Originally bred as herding dogs, corgis love hiking and being outside, and they need frequent daily walks. They have a protective nature and make good watchdogs. However, they can be prone to barking.

6. Beagle

Are you an active outdoorsy type who enjoys long walks? You might get along well with a beagle. These dogs are energetic, sociable animals who love to play. They are friendly, fun, easygoing characters who consider every person they meet to be their new best buddy. Bred as hunting hounds, beagles are a scent-driven breed and will take off in pursuit of an interesting smell. It's important to have a securely fenced yard and supervise these dogs closely.

7. Pomeranian

Pomeranians are small companion dogs that are smart, lively, and affectionate. They are very curious and love attention, making them a good option for older adults who can give them lots of time and energy. They should be brushed at least a couple times a week to keep their fluffy coats healthy and shiny. Poms are proud and aren't naturally inclined to take direction from others, but firm, gentle leadership can train them not to be unruly. They do tend to be loud, however.

8. Chihuahua

Chihuahuas are tiny dogs that are full of personality. Few other breeds are as quirky and entertaining. Lively and spunky, chihuahuas are loyal companions who love to sit in their owners' laps and be petted. They are good apartment animals but need to be trained to deal with strangers and children. Chihuahuas enjoy going for walks and basking in the sun, but they cannot handle cold weather. Fortunately, because they are so small, they can often fill their exercise needs indoors.

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

HUMOUR CORNER (CONTINUED)

White Hair

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink.

She suddenly noticed that her mother had several strands of white hair sticking out in contrast to her brunette hair.

She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time you do something wrong and make me unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and said, "Mama, how come ALL of grandma's hairs are white?"

Concerned Husband

A concerned husband went to a doctor to talk about his wife. He says to the doctor, "Doctor, I think my wife is deaf because she never hears me the first time and always asks me to repeat things."

"Well," the doctor replied, "go home and tonight stand about 15 feet from her and say something to her. If she doesn't reply move about 5 feet closer and say it again. Keep doing this so that we'll get an idea about the severity of her deafness".

Sure enough, the husband goes home and does exactly as instructed. He starts off about 15 feet from his wife in the kitchen as she is chopping some vegetables and says, "Honey, what's for dinner?" He hears no response. He moves about 5 feet closer and asks again. No reply. He moves 5 feet closer. Still no reply. He gets fed up and moves right behind her, about an inch away, and asks again, "Honey, what's for dinner?"

She replies, "For the fourth time, vegetable stew!"

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