



Newsletter No. 92 December 2021

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## ***Twas the Night Before Christmas***

*By Clement Clarke Moore*

*Twas the night before Christmas, when all through the house  
Not a creature was stirring, not even a mouse.  
The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there.*

*The children were nestled all snug in their beds,  
While visions of sugar-plums danced in their heads.  
And mamma in her 'kerchief, and I in my cap,  
Had just settled our brains for a long winter's nap.*

*When out on the lawn there arose such a clatter;  
I sprang from the bed to see what was the matter:  
Away to the window I flew like a flash,  
Fore open the shutters and threw up the sash.*

*The moon on the breast of the new-fallen snow  
Gave the lustre of mid-day to objects below:  
When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tinny reindeer:*

*With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name!*

*"Now Dasher! now, Dancer! now, Prancer and Vixen!  
On, Comet! On Cupid! Donner and Blitzen!  
To the top of the porch! to the top of the wall!  
Now dash away! Dash away! Dash away all*

*...Continued in News letter*

## ***From the President***

Hello everyone. Wow, hasn't this been an interesting year and it's amazing how quickly it has gone by. We are fast approaching the holiday season, usually the merriest time of the year. The continuation of COVID-19 has made the last two years unlike previous holiday seasons we have experienced. We are sincerely hoping that 2022 will see us being able to hold our regular in person quarterly luncheons where we can meet and greet old friends and make new ones by welcoming new members. We hope to introduce some interesting and informative speakers at the lunches. If you have any thoughts on topics you would like to hear about please let me know either by phone or email. In case you were not aware, 2022 marks our 40<sup>th</sup> anniversary as a Branch. Your executive is busy planning some exciting events and projects to celebrate this achievement.

During the past 18 or so months we have endeavoured to keep you, the membership, engaged and informed. Out of safety concerns we have avoided holding in person lunch meetings instead holding quarterly meetings via Zoom. We have continued to publish and distribute the quarterly Newsletter which I hope you have found informative and fun to read. Gordon Richardson, our Health Benefits advisor has responded to your needs for information or guidance on a variety of health and benefits issues. Prior to the election Warren Kelley (Advocacy Director) and myself offered to meet with all local candidates to advise them of where the Association stood on our five priority issues. Due to the very short time frames it was not possible to meet in person with all of them. The two elected Members of Parliament are well aware of NAFR and appreciate our input and support on these important issues. From National Office, the SAGE magazine continues to keep us up to date on a wide variety of subjects.

Today the executive held their monthly meeting. We are on our way to finalizing the plans and budgets for 2022 and beyond in some cases. We work for you and we hope you think we are doing a pretty good job. If you have suggestions for improvement, please let me know. IF you think you would like to become part of the Executive, let me know that too. We are looking at replacing the Treasurer (sadly, Serge is retiring); Secretary and Phone Coordinator. New Directors at Large are also welcome.

Wishing you all the best in upcoming Holiday Season. Stay well, stay safe and stay beautiful.

*Norma Dean – President*

### **Publisher**

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

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**What did the one snowman say to the other snowman?**

I smell carrots



**How do Christmas angels greet each other?**

Halo!

**Who hides in a bakery at Christmas?**

A mince spy!

**What kind of motorcycle does Santa ride?**

Holly Davidson

**North Island – John Finn Branch  
Luncheon News - December 2021  
Via Zoom**

**HELLO**



Our final General Meeting for 2021 will continue to be via ZOOM and we look forward to seeing many of you joining us. Of course, we are following all Provincial Health rules in regards to Covid 19 restrictions for the safety of all our members, thus the reason for another ZOOM meeting at this time.

Our December General Meeting via ZOOM will be on Wednesday, December 8th, 2021 from 1:00 pm to approx. 2 pm.

**We will be having 6 SURPRISE Draws.**

Gift cards in the amounts of \$100.00, \$75.00, two \$50.00's and two for \$25.00 will be drawn for all those that attend via ZOOM.

North Island Branch is inviting you to a scheduled Zoom meeting.

Topic: North Island Branch's Zoom Meeting

Time: Dec 8, 2021 01:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://fedretirees-retraitesfed.zoom.us/j/9401614850?pwd=cURHQXJmVFJPa1ZNUmRhcC9OT0V4dz09>

Meeting ID: 940 161 4850

Passcode: 5JVp89

One tap mobile

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+17789072071,,9401614850#,,,,\*084174# Canada

Dial by your location

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+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

855 703 8985 Canada Toll-free

Meeting ID: 940 161 4850

Passcode: 084174

Find your local number: <https://fedretirees-retraitesfed.zoom.us/u/kd6kBoCMTC>

Best regards and stay safe.

Lorene Hill

Programs Director

## OUR PREFERRED PARTNERS

I often wonder how many of our members have looked at and considered taking advantage of any of our - *PREFERRED PARTNERS* -

*We have 18 Preferred Partners, that offer great services and prices for our membership:*

**JOHNSON INSURANCE** which offers our members **MEDOC** Travel Insurance through Johnson Insurance 1-855-772-6675

**COLLETTE** guided by travel 1-866-413-3762


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**CHARTWELL RETIREMENT RESIDENCES** 1-855-461-0685

**RELOCATION SERVICES GROUP** 1-866-865-5504

**ALLIANCES ARBOR MEMORIAL** 1-888-700-7766

**Canadian MONEY Saver** Canadian MoneySaver Magazine 519-772-7632

**TRADEX** mutual funds for the public service 1-800-567-3863

I hope you will take the time to look into our *preferred partners*, call their office and speak with a member of their staff and see if you could benefit and save money, as they offer our members great prices and great benefits.





**2022/2023 EARLYBIRD CRUISE & TOUR SAVINGS!**

**\* Risk Free Guarantee & Health/Safety Program!**

**SAMPLE RIVER/OCEAN CRUISE TOURS:**

- \* Egypt: Cairo-Luxor-Nile-Cairo from \$6499pp
  - \* Russia: Moscow-St Petersburg from \$6799pp
  - \* Ukraine: Kiev-Black Sea-Bucharest from \$4699pp
  - \* Danube River Cruise from \$2499 CADpp
  - \* Rhine River from \$2999 CADpp
  - \* Paris-Normandy from \$2499 CADpp
  - \* Paris-Swiss Alps from \$3999 CADpp
  - \* Amsterdam-Budapest from \$4999 CADpp
  - \* Portugal Lisbon-Porto from \$4099 CADpp
  - \* Prague-Paris from \$4199 CADpp
  - \* Ocean Cruise/Perks: MEX/Coastal from \$2499 CADpp
  - \* Ocean Cruise/Perks: Atlantic to FLL from \$2999 CADpp
  - \* Ocean: AU/NZ; Amazon; MED; S/America; Alaska; Baltic.
  - \* Expedition Ships: Sailing the Arctic, Antarctica, Great Lakes (can add Churchill), & Mississippi.
- \* Rates/ Terms Subject to Change/Availability at any time.*

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

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**"We Look After the Details so YOU Can Enjoy Your Journey of a Lifetime!"**



**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 2020. 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.

## **ADVOCACY and Our Priorities**

The National Association of Federal Retirees (NAFR) is the largest national advocacy organization representing active and retired members of the Federal Public service, Canadian Armed Forces, Royal Canadian Mounted Police and retired federally appointed Judges, their partners and survivors. With our volunteers and members from coast-to-coast, we continue this tradition of strong, smart advocacy campaigns to protect our members' earned pensions and benefits, and to support good policy that improves the lives of all Canadians in Retirement. Federal Retirees look forward to working with members of Parliament to advance the following important policy recommendations during this government's new mandate.

The last 15 months has been hard on everyone, with issues from the Pandemic affecting ones personal and family health, employment, access to business's, ferries, air travel and many more issues. Well some of these issues are changing due to the slow and steady reopening of business's, air travel, restaurants and many more things that are/will effect our day to day lives.

One the most important items that will effect our future is the out come of the last Federal Election. We find ourselves on the North Island the same as before. North Island-Powell River, Rachel Blaney NDP and Courtenay-Port Alberni, Gord Johns NDP, retained their seats. Congratulations to both of these MP's. As Advocacy Representative for our Branch I and/or the President will try and meet with these MP's over the next few months. The Parliament will sit again November 22nd so we will see what will happen prior to Christmas and in the New Year.

***Warren Kelley, Vice President and Advocacy***

## **FUN CORNER.**

*Are you Smarter than a 5th Grader*

*(Questions taken from benson puzzle & activity book)*

1. *True or False? Roadrunners are birds?*
2. *The word "you" is what type of pronoun? A. first person, B. second person, C. third person*
3. *What scientist developed the equation  $E=mc^2$*
4. *Bern is the capital of what European country?*
5. *What composer wrote the 1812 Overture in 1882?*

*The answers are on another page*

## FROM THE EDITOR'S DESK

I hope everyone is getting ready for the festive season and I am hoping you are able to visit with family and friends while feeling safe to enjoy everyone's company.

Wishing all our members a very Merry Christmas and Happy and Healthy New year.

Cheers 🍷🍷

To quote BC's Medical Officer of Health, Doctor Bonnie Henry -  
**"BE KIND, BE CALM, BE SAFE"**

**Cherie E Kelley, CD, Editor**  
E&OE

### **A BRIEF OVER VIEW OF REPRESENTATION AGREEMENTS'**

BC now has a legal way to plan for health and personal care matters in case of incapacity, for end of life and other support needs. This planning is made using Representation Agreements available through Nidus. Nidus is a not for profit charity which helps people make and register Representation Agreements and other legal planning documents. Nidus is a Latin word for nest: a symbol of safety, support and self development. To complete a Representation Agreement a person must be of adult age.

A Representation Agreement is the only legal document to use when planning for health and personal care matters and is an essential document for quality-of-life until end-of-life.

There are different types of Representation Agreements that an adult may make—depending on their capability at the time of making it. What are the different types of Agreements? A representative's powers or authorities are listed in two different parts of the RA Act, called sections — section 7 and section 9. The different types of Agreements have become known as RA7 and RA9. While the legal framework is not quite this straightforward, we will use these terms for now. The key difference between the RA7 and the RA9 is the capability requirements of each. • The RA9 is for adults who are considered capable to understand the nature and consequences of the proposed RA9 at the time of making it. – This is based on the traditional definition of capability that also applies to Wills, types of powers of attorney, and contracts. • The RA7 is designed for adults whose mental capability to 'understand' is in question. – The RA7 has a different definition of capability than the traditional one and is unique to RA7.

What does it mean that the RA7 has a different definition of capability? The traditional definition of capability (for making legal documents such as a Will, types of powers of attorney, an RA9, or a contract) requires that you must 'understand the nature and effect' of the specific document at the time you are making it. This traditional definition dates back hundreds of years. It leaves out many citizens whose capability to meet this traditional definition can be affected by disability, illness, or injury. For example: • Adults who have a disability from birth (special needs, autism, fetal alcohol spectrum disorder). • Adults who had an illness or injury during childhood (meningitis, sports or car accident).

• Adults who had an illness or injury in adulthood (severe stroke, advanced dementia, brain cancer, serious car accident or fall). If an adult cannot meet the traditional legal definition to 'understand,' they are vulnerable to adult guardianship. Under guardianship, adults lose their civil rights

This information was taken from the Nidus website <https://www.nidus.ca/types-ra-forms>

In future newsletters I will forward information on the RA7 and RA9 forms.

I may not get another opportunity so I will wish all members a Merry Christmas and a Happy New Year

Gordon Richardson, HBO



## WELCOME NEW MEMBERS

- Lelly & Edward Christensen
- Harold & Dianne Pinder
- Warren & Diane McDonald
- Eva Schwab
- Irene Jamont & Francois VeillettCharles & Vicky LeFort
- Georgina Pfeifer
- Irene & Gaston Daigle
- Don & Sheila Dupuis
- John & Wendy Griswold
- Joseph Lewis
- Gemma Murray
- Judy & Leslie Brown
- David & Barbara Byant
- Donna Collins
- Diane Chenier
- Nancy Hillard
- Paulett Rose



### **ARE YOU SMARTER THAN 5TH GRADER - ANSWERS**

1. ***True***
2. ***Second Person***
3. ***Albert Einstein***
4. ***Switzerland***
5. ***Tchaikovsky***



R.S. Blouin  
Pat Knudsen  
Donna Mathus  
Vincent Leighton McCooey  
Robert Reed  
Peter Patrick Morin  
Grant H. Nichols  
Al Robb  
Ann Larade  
Beatrice Morin  
Lorraine Ramsbottom  
Helen Williams  
Sharon Cook  
George Delfabro  
Geraldine Delfabro  
Michael David Phoenix  
Neville Saunders  
Brian Gaylor



## **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 .....

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**

*As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky.  
So up to the house-top the coursers they flew,  
With the sleigh full of Toys, and St. Nicholas too.*

*And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof:  
As I drew in my head, and was turning around,  
Down the chimney St. Nicholas came with a bound.*

*He was dressed all in fur, from his head to his foot,  
And his clothes were all tarnished with ashes and soot.  
A bundle of Toys he had slung on his back,  
And he looked like a peddler, just opening his pack.*

*His eyes-how they twinkled! his dimples how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow.*

*The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath.  
He had a broad face and a little round belly,  
That shook when he laughed, like a bowlful of jelly!*

*He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself!  
A wink of his eye and a twist of his head,  
Soon gave me to know I had nothing to dread.*

*He spoke not a word, but went straight to his work,  
And filled all the stockings, then turned with a jerk,  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose!*

*He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, ere he drove out of sight,  
"Happy Christmas to all, and to all a good-night!"*



**R**emember Valentine's Day

***FEBRUARY 14th, 2022***

