

# CALGARY & DISTRICT BRANCH REPORT

Kerby Centre  
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**President:**  
Pat Henderson

**Vice-President/Treasurer:**  
Guy Lallier

**Membership:**  
Jennifer Johnson

**Secretary:**  
Gabrielle Simpson

**Volunteer Coordinator:**  
Sally Manchurek

**Directors:**  
Heather Thompson  
Gerry Thompson  
Anne Prusakowski  
Ron Beirnes  
Roloïn Vetsch  
Maggie Smith

**Health Benefits Officer:**  
Steve Harbicht

**Past President:**  
Rob Pollard

## President's Report – Spring 2020



Our quarterly Member luncheons have been so well attended we are starting to reach capacity seating. Attendance ranges from 130 – 185 attendees; a significant increase from 60 attendees of just a few years ago. Thanks to Gerry Thompson and her hardworking team for selecting interesting and entertaining Guest Speakers, as well as setting up information tables for organizations that may be of interest to our Members. These include Hearing Life, Collette Travel, and the Royal Canadian Legion. Gerry has also been successful in booking Minister Pon, MLA, Alberta and Minister of Housing and Seniors, to speak to us at the AGM Luncheon in April of this year.

The Quilts of Valour program provides quilts to members of the Canadian Forces who have served our country; to date we have recognized 3 of our veteran Members (Sam Simpson, Roy Goodall and Dave Leggo). Our first Quilts of Valour presentation was so well received, we plan to make a presentation of quilts at least once a year. If there is a Veteran you believe deserves recognition by receiving a quilt, please contact our Calgary & District Branch Officer by phone or email, and we will make every effort to ensure they are recognized.

In February, the Board of Directors held a one day facilitated meeting to identify the groundwork necessary for the development of a 3 Year Operational Plan for the Branch. It was an extremely productive session and the Board continues

its efforts to have this plan in place as soon as possible. Our Branch plan will be based on the 3 main goals of the organization, namely Advocacy, membership retention/growth, and organizational excellence at all levels.



Board of Directors - one day facilitated meeting

In May, the Prairies & NWT District Meeting will be held at the Carriage House in Calgary. This meeting will bring together representatives from Manitoba, Saskatchewan, Alberta & the NWT to discuss retiree and NAFR issues, and to share ideas and best practices in support of Branch activities.

In June 2020, the Annual Members Meeting will be held in Gatineau, PQ. A new Prairies & NWT District Director will be elected. Cynthia Foreman, our tireless Director from Manitoba, has decided it is time to spend more time with family and friends. We wish her well and thank her for all her hard work and efforts.

A major NAFR initiative beginning this year (and continuing for the next 2 years thereafter) is Target 338 – a nationally organized plan to meet with all 338 Ministers of Parliament across Canada to make them aware of Seniors' issues and their priorities; namely Retirement Income Security, a National Seniors Strategy, National Pharmacare and more fulsomely serving Veteran's and their families.

Advocacy continues to be a focus both Nationally and at the Branch level. A recent example was an Alberta-wide lobbying effort by all NAFR Branches against Alberta Government's plans to change the Alberta Seniors Drug Benefit plan to exclude family members under the age of 65. Though the change was put forth, despite protests, we continue to lobby the Alberta Government to cease plans to also implement a means test for Alberta Seniors Drug Benefit plan. Rick Brick, District Director for the Prairies & NWT has done an excellent job of representing NAFR and retirees of Alberta on this matter, with solid support from the Advocacy team in National Office.

With all of the activities underway and issues facing the Branch, we are always in need of volunteers to help us push the envelope on our key activities: Advocacy, Membership growth and retention, volunteering at Luncheons, Committee work, Communications, work in our Branch office, etc.

Please consider giving of your time and talents to NAFR. While the current volunteers are a very hardworking, enthusiastic group of people, many hands make light work! We could use additional help and support from our Members – no matter how much or little can be offered.

If you have any questions, please do not hesitate to contact the Office by phone or email. Alternatively, you can contact any member of the Branch Board of Director's and we will respond as quickly as possible.

Respectfully

Pat Henderson  
President, Calgary & District Branch AB16

## [NAFR February 21<sup>st</sup> Luncheon highlights](#)

Our luncheons and Branch meetings continue to be well attended: 129 members and guests came together for this lively and informative event.

Guy Lallier, Treasurer and Vice-President presided over the meeting portion of our Luncheon.



Check-in Table



Luncheon Attendees



Luncheon Attendees



Luncheon Attendees



## February 21st - Presentation by Hearing Life

Paul Tait, Regional Manager, Calgary and Claire Harper, of Hearing Life provided members with an educational presentation on hearing loss. The presentation included an overview of:

1. Types of hearing loss and corrective measures;
2. Tinnitus and how to manage it;
3. The hidden costs of untreated hearing loss;
4. Latest hearing air technology and hands-free connectivity; and
5. Tips and tricks for effective communication.

Hearing Life, NAFR partner company, provides hearing tests to members at no cost. Three door prizes were awarded by Paul Tait to members. The lucky winners were:



Hearing Life Door Prizes



Carol Parker - bag



Engard Dalke – 2 water cups



Roy Goodall – gift basket

## Support for our Veterans

Members Rob Malcolm and Chuck Johnston were on hand to collect food donations and two 50/50 draws under the authority of the Calgary Veterans Food Bank. The winners of the 50/50 draws were Don Weber and Gary Prusakowski. The Veterans of Canada benefited by a donation of \$160 and approximately \$220 in food donations for the Veterans of Calgary.

The **Legion continues to recruit for new members** in order to support Veterans and their families, promote Remembrance and make a difference in our communities. Canadians above the age of 18, **whether they served or not**, can become members!

Visit: <https://www.legion.ca/join-us>

## Upcoming Annual General Meeting (AGM) & Luncheon - April 17, 2020

Subsidized costs: \$15 for members, \$20 for non-members

The AGM will commence at 10:30 a.m. and will include the Election of Directors and the presentation of Financials, including a vote on our Reserves.

The AGM will be followed by our guest speaker and a presentation of the Quilts of Valour to three of our Veteran members from 11:15 AM to 12:00 p.m. at which time lunch will be served.

### **Guest Speaker:**



Honourable Josephine Pon, Alberta's Minister for Seniors and Housing, MLA Calgary Beddington  
Minister Pon is interested in hearing from members about their issues and concerns and will provide updates on her government's priorities for Seniors and Housing. She will also participate in the Quilts of Valour presentation.

### **Quilts of Valour**

Representatives from the Quilts of Valour Society, a charitable organization whose mission is to ensure that Canadian Forces members are recognized for their service and commitment to our country, will be presenting three of our members with Quilts to recognize their contributions to Canada.

### **Luncheon Menu**

**Freshly Baked Fort Calgary Scones (Traditional / Golden Raisin)**  
**Roasted Trio Beet Salad (Herbed fresh Cheese/Citrus Gastrique)**  
**Grilled Alberta Sirloin (Red wine glazed)**  
**Whipped potatoes/seasonal vegetables**  
**Assorted Squares**  
**Freshly brewed coffee and tea**

Reserve by email to [nafrcalg@telus.net](mailto:nafrcalg@telus.net) - include your name, license plate number and any special meal requests or call the office at 403-265-0773.

**\*\*Please remember our Veterans; food or cash/cheque donations are appreciated and will be collected at the door.**

**If you cannot attend the luncheon, please phone the office and cancel at least five days before the luncheon, otherwise we will have to pay for your lunch.**

## Upcoming Events

**2020 Luncheon Dates** – mark your calendars!!

- Friday, April 17<sup>th</sup>
- Friday, September 25<sup>th</sup> – Speaker Todd Berry, Calgary Fire Department
- Friday, November 13<sup>th</sup> – Speaker Tammy Wheeler, Royal Canadian legion

## **Calls for Nominations & Volunteers**

We are seeking volunteers to assist with Membership Recruitment, Advocacy, Luncheon organization and Guest Speakers and to work in the office, which is open Monday to Friday 10:00am to noon. Duties include processing receipts for payment of membership fees, providing contact information for pensions and benefits, referrals to the Health Benefits Officer and following up on general membership inquiries. Call 403-265-0773 or send an email to [fsnacal@telus.net](mailto:fsnacal@telus.net).- if you are interested in any of these volunteer opportunities.

### **NAFR Members Information**

**Please check out our National Association of Federal Retirees websites:**

National: <https://www.federalretirees.ca/>

Calgary & District Branch: <http://nafrcalg.ca/>

**Please follow us on Facebook** - [National Association of Federal Retirees - Calgary YYC.](#)

Our office is located in room 302, third floor at the Kerby Centre, 1133, 7<sup>th</sup> Ave., Calgary, Alberta, T2P 1B2.

For questions or inquiries, please phone during our business hours, Monday to Friday 10 am to 12 pm.

We can be reached by phone at 403-265-0773 or by email at [nafrcalg@telus.net](mailto:nafrcalg@telus.net).

Please note that our office is closed during July and August, however, volunteers will check our voice mail and email messages during that time frame. The office is also closed on holidays.