

CALGARY & DISTRICT BRANCH REPORT

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
Roloin Vetsch
Maggie Smith

Health Benefits Officer:
Steve Harbicht

Past President:
Rob Pollard

[NAFR Christmas Luncheon Newsletter 2019](#)

Our Christmas-themed luncheon and Branch meeting was our most attended meeting yet; 185 members and guests came together for this lively and informative event.

President's Report



The Board of Directors was extremely pleased with the huge turnout at our November luncheon, and we are hopeful members will continue to participate in these social and informative events in future. There is an excellent slate of presenters so you don't want to miss out. I would encourage you to sign up **ONLINE** to secure your reservation for these events.

For those who aren't aware the Federal pension indexing for 2020 is 2.0%.

I would like to take this opportunity, on behalf of all of the Directors, to wish all of members and their families a warm and wonderful holiday season with much health and happiness in 2020.

Pat Henderson
Calgary & District Branch

Recognizing our Veterans

We opened our final 2019 meeting with two of our veterans, Chuck Johnston and Ron Beirnes, placing a wreath at the front of the room in recognition of our veterans and Remembrance Day; this was followed by the singing of our National Anthem.



some of the Veterans in attendance

Support for our Veterans

Royal Canadian Legion

Members Rob Malcolm and Chuck Johnston were on hand to collect money for the Royal Canadian Legion Poppy Fund. Members generously donated \$550.00 to the Fund.

The Legion is currently looking 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!

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

Veterans Food Bank

Did you know that Calgary is the only location in Canada that has a food bank solely for Canadian Veterans? The need is great and constant!

Members at our luncheon, as always, were very generous in their donations to the Veterans Food Bank of Calgary. There were no complaints from our volunteers as they transported approximately \$600 in food donations to the Calgary Veterans Food bank.

If you would like to know more go to:

<https://veteransassociationfoodbank.ca/where-to-donate>

Quilts of Valour

Two local representatives from the Quilts of Valour Society, Lana Butcher and Louella Pethrick, provided members with an overview of the organization and its mission; a charitable organization whose mission is to ensure that Canadian Forces members are recognized for their service and commitment to our country. Society support comes in the form of specially designed quilts to comfort our past and present Canadian Forces members.

Sam Simpson, Roy Goodall and Dave Leggo were three of our distinguished Branch veterans recognized this year and presented with Quilts of Valour



Sam Simpson



Roy Goodall



Dave Leggo

The Quilts of Valour Society is striving to raise awareness of their program, increase the number of recipients and the number of quilt donations. For additional information on the Quilts of Valour, visit <https://www.quiltsofvalour.ca/about-govc.html>.

HearingLife

Representatives Paul Tait and Celine Smolensky of HearingLife were in attendance to briefly highlight this NAFR Preferred Partner company and their services.

HearingLife is a full-service hearing health care company; the largest hearing aid provider in Canada with 10 locations in the Calgary region and 300 locations nationwide.

The HearingLife representatives provided several gift basket door prizes.

HearingLife Canada: <https://www.hearinglife.ca/>

[November Meeting Presentation](#)

Dianne Cooper-Ponte, Volunteer Services Manager, with the Calgary Seniors' Resource Society was in attendance. The Calgary Seniors' Resource Society is a non-profit organization that provides a variety of innovative and much needed programs and services to seniors throughout the city. The goals of the Resource Society are to end senior isolation and help seniors remain safe and independent in their homes as long as possible. For additional information on the Calgary Seniors, visit <https://www.calgaryseniors.org/contact>

Dianne's presentation, *TAKE CARE, BE AWARE*, was focused on the realities of fraud and financial abuse, and what steps members can take to protect themselves. She noted the top 10 scams nationally for 2018 were:

1. Romance Scams
2. Income Tax Extortion Scams
3. Online Purchase Scams
4. Employment Scams
5. Phishing (using a deceptive e-mail, text message...to trick individuals into revealing personal or confidential information)
6. Subscription Scams
7. Advance Fee Loans
8. Tech Support Scams
9. Home Improvement Scams
10. Bank Investigator Scams.

Dianne also identified **Red Flags** for members to watch for including:

1. Requests to wire money
2. Overpayment when selling something, especially online
3. Spelling mistakes in an email, text message or website
4. Personal information requests
5. Unsolicited telephone calls
6. Unsolicited friend requests on social media (e.g. Facebook)
7. Astounding mail offers - just too good to be true

Members were encouraged to report fraudulent or suspicious activity to the Canadian Anti-Fraud Centre, through the website www.antifraudcentre.ca, or by telephone at 1-888-495-8501.

Misleading or deceptive marketing practices should also be reported to the Competition Bureau using the [online complaint form](#) or by telephone at 1-800-348-5358. Should members decide to file a complaint, it is important to keep any evidence related to your complaint.

Members who have been a victim of fraud, should contact their local police force.



February 21, 2020 Quarterly Luncheon and Business Meeting

Cost: \$15 per person for members and \$20 for non-members

Presentation: “Hearing and Hearing Loss”.

Paul Tait, Regional Manager Calgary, Hearing Life will discuss:

Recognizing the signs of hearing loss; Different types of hearing loss and the corrective measures; Tinnitus and how to manage it in our everyday lives; The hidden cost of untreated hearing loss; Latest hearing aid technology and hands-free connectivity; Tips and tricks for effective communication.

Menu: **GF**= Gluten Free; **DF**= Dairy Free, **NF**= Nut Free

Buttermilk scones with butter

Roasted Parsnips Bisque (Truffle Oil/Parsnip Gaufrettes Curry) – GF, DF, NF

Stuffed Pork Loin (Stuffed with berries and bread/apple mustard sauce) - DF, NF

Roasted potatoes/seasonal vegetables

Assorted Freshly Baked Squares

Freshly Brewed Coffee/Tea

Reserve a Seat Now

Reserve a seat by clicking this link nafrcalg@telus.net and registering your name, license plate number and any special meal requests. If you do not use the internet please call the office 403-265-0773 to register.

Early registration is encouraged. We have to pay for the number of meals ordered therefore, if you cannot attend the luncheon, please phone the office and cancel at least five days before the luncheon.

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

Please include your License Plate number when registering for the Luncheons

2020 Luncheon Dates – mark your calendars!!

- Friday, February 21st - Paul Tait, Regional Manager Calgary, HearingLife
- Friday, April 17th – Hon. Josephine Pon, Minister of Seniors and Housing
- Friday, September 25th
- Friday, November 13th

Cost: \$15 per person for members and \$20 for non-members

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 10:00 am 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 nafrcalg@telus.net - if you are interested in any of these volunteer opportunities.

NAFR Members Information

Please check out our *Federal Retirees* websites:

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

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

Please contact our office if you have any inquiries or questions. The volunteer working that day will be happy to help you. Our office is located in room 302, third floor at the Kerby Centre, 1133, 7th Ave., Calgary, Alberta, T2P 1B2. Please phone during our business hours, Monday to Friday 10 am to noon at 403-265-0773 or email nafrcalg@telus.net. Please note that our office is closed on all holidays. (During July and August, the office will be closed, a volunteer will check our voice mail for messages during that time frame).