

CALGARY BRANCH NEWSLETTER

President:
Marlene LaMontagne

Vice-President:
Rob Pollard

Membership Co-Chairs:
Pat Henderson
Rob Malcolm

Treasurer:
Guy Lallier

Secretary:
Gabrielle Simpson

Volunteer Coordinator:
Sally Manchurek

Past President:
Gerry Thompson

Directors:
Lois Fisch
Willma Haney
Anne Prusakowski
Heather Thompson

Health Benefits Officer:
Steve Harbicht

Auditor:
Pat Grant



Presidents Report - Fall 2016

As we leave behind the lazy days of summer, our Branch is starting to implement the decisions made both locally and at the National Annual General Meeting. As your President, I was privileged to attend as Voting Delegate assisted by our Vice-President, Rob Pollard. We were also able to have three observers: Guy Lallier, Heather Thompson, and Gordon Thompson.

Plans are currently underway to hold another volunteer training session similar to the one held last spring with an updated volunteer training manual, copies of which are being given upon request via email to other branches in Alberta, Saskatchewan, and Manitoba. Sincere thanks to our Calgary Board members who created the document and are now arranging for its distribution.

We also appreciate the work of our new Provincial Services Officer (PSO) Dave Riffel and our new Regional Services Officer (RSO) Brian Emdin for their work with the national office in setting up computer training sessions for the October 2016 Regional Meeting in Red Deer. Congratulations are also due for our former Prairie Director, Roy Goodall, who, at the AGM in June, was elected Vice-President of our National Association. Roy is also a former President of our Branch, preceding Gerry Thompson.

Faced with a possible mail strike during the summer, the national office quickly came up with a plan to ensure NAFR members would continue to receive pension or medical refund cheques through alternate branch services. The Calgary Branch was quick to respond and as always was ready to assist our more 4000 members in any way.

We are also looking forward to assisting the Edmonton Branch in hosting a tri-panel Health Forum in November 2016 when issues affecting the health care of all of our seniors will be discussed to create an effective plan which can be presented to the Federal Government.

Our Board meets on the second Thursday of each month with quarterly luncheon meetings held in September, November, February, and April at Fort Calgary. April, as you know, will be when the Annual General Meeting is held and we invite you to submit nominations before to the end of March 2017, either for yourself or other members, for board membership.

In the meantime, we offer sincere thanks to all of the Volunteers who come into our office one morning a month to help respond to member needs. Thanks to these efforts, we were again honored this year for outstanding service to our members

Marlene LaMontagne, President, NAFR Calgary AB16

Yes, this is OUR Roy!!!

Congratulations Roy Goodall, elected National Vice-President of Federal Retirees



Roy Goodall served in the Canadian Forces for 38 years, retiring with the rank of Major. He brings comprehensive financial, personnel and project management know-how, in both national and international settings. After joining the Calgary and District Branch board in 2005, Roy served as a director, Treasurer, First Vice President, President and Past President. Roy was a key player in authoring the organization's national by-laws and led the team that completed the branch incorporation process. Roy is also committed to advocacy, having served as the Provincial Advocacy Officer for Alberta since 2012. He was elected to the National Board in 2014.

2016 Volunteer Recognition Awards

The Volunteer Recognition Committee announced the recipients of the 2016 Branch Awards, who were honoured at the Volunteer Recognition Dinner on June 17th in Ottawa.

The Calgary & District Branch received the **Volunteer Support and Development Award**. The Branch developed a Branch Recognition Program to create a culture of effective commendation. Their Awards Committee evaluates the volunteer activities of candidates in terms of intensity and duration, and assesses the unique elements of their contributions. Deserving volunteers are recognized at the Branch's AGM.

Sun Life claims department: Change of address

In 2010, Sun Life's health claims processing departments were consolidated to their Montreal office. To provide faster and more efficient service, Sun Life's Ottawa PO Box will be closed as of March 31, 2017. Effective immediately, please mail your completed forms to the address below: Sun Life Assurance Company of Canada PO Box 6192 Stn CV Montreal QC H3C 4R2 The address can also be found on printable claim forms by visiting www.sunlife.ca/pshcp. After March 31, 2017, any claims sent to addresses other than the one listed above will be returned to you.

Province supports seniors, families with new long-term care and dementia beds

<http://www.alberta.ca/release.cfm?xID=43383A3F0533E-9244-70BD-4644092C08E41DB1>

Alberta government news and events September 9, 2016

Construction is starting on a new facility that will serve Calgary families with triple the number of long-term care and dementia beds than originally planned.

“Last year, we did a thorough review of all proposed Affordable Supportive Living Initiative (ASLI) projects, and worked with partners like AgeCare to make changes where they were needed to meet the needs of Albertans. Today, we are seeing those results with more than 256 of this facility’s units being built at a higher level of care than under the former government’s plan, for the same investment.”

Brandy Payne, Associate Minister of Health

The original ASLI agreement for the AgeCare SkyPointe community was for 64 long-term care beds, 32 supportive living 4 dementia beds and 256 Supportive Living 4 beds, a lower level of care. After the government review, the agreement was amended to 128 long-term care beds and 224 Supportive Living 4 Dementia beds. AgeCare is upgrading these spaces for the same grant amount of \$10.56 million.

The AgeCare SkyPointe community will serve seniors and other Albertans with daily needs and access to round-the-clock nursing care.

"We are excited to partner with the Alberta government and Alberta Health Services to bring these much needed care beds to Calgary. AgeCare has been designing and building innovative seniors communities for over a decade. Our goal is to provide the best quality of life experience for each individual who chooses to make AgeCare SkyPointe his or her home."

Dr. Hasmukh Patel, CEO of AgeCare

The Government of Alberta has earmarked \$365 million as part of its commitment to build 2,000 long-term care and dementia spaces in the next four years.

November NAFR GENERAL MEETING and LUNCHEON

Please arrive at 10:00 am to be seated.

Date: Friday, November 18, 2016 General Meeting starting at 10:30 am followed by Lunch

Location: Fort Calgary, 750 – 9 Ave. SE, Calgary, Alberta, T2G 5E1, 403-290-1875

Meal:

- Buttermilk scones with butter
- Forest mushroom soup
- Braised beef short ribs/chef potato & vegetables
- Dessert plate of assorted squares and tarts
- Freshly brewed Coffee and tea served

Speaker: Nadine Schorn, Business Development Manager AB/SK, Collette Tours

Remember to reserve a seat by calling the office at 403-265-0773 two to three weeks before the function. We have to pay for the number of meals ordered once we have committed to that number, therefore, if you cannot attend the luncheon, it is very important to please phone the office and cancel five days before the luncheon.

****Please remember our Veterans; food donations will be much appreciated.**

VOLUNTEER PROFILE:

Ron Beirnes



Ron enlisted in the RCAF in late 1950 and was called up on the 04 Jan 1951. Following the training period, he was posted to Trenton as an Aero Engine Tech, stayed for one year then was posted to #1 FW North Luffenham England for 2 years, working on the F86 Sabre. Then was sent to #3 Wing Zweibrucken Germany for 6 months. From there he went to Comox BC as a member of 407 Sqn., working on Lancaster with Maritime Command, which lasted 8.75 years. From there he went to 425 Sqn., working on the CF101 Voodoo, in Bagotville Quebec for 4 years. He again went back to Lahr Germany for 4 years, working on the CF104 Starfighter. After that he went to Cold Lake for three years before taking his release and moving to Calgary where he has remained, so far, for 43 years.

CHANGE OF ADDRESS

If you change your address and forget to notify us, we have no reliable way off tracing you to your new address. This means that you are unlikely to receive the national quarterly or other valuable information that we forward from time to time. If you move, please take a few moments to complete and mail the following form to NAFR Calgary Branch, Room 302 Kerby Centre, 1133 – 7th Avenue S.W., Calgary, AB T2P 1B2.

NAME _____ MEMBERSHIP # _____

NEW ADDRESS _____

OLD TELEPHONE NUMBER _____ NEW PHONE # _____

EMAIL ADDRESS _____

NAFR Members Information

Please check out our National Association of Federal Employees websites:

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

Alberta Regional: <http://fsnaab.ca/about-calgary-branch/>

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 fsnocal@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).