



NATIONAL ASSOCIATION OF FEDERAL RETIREES

CALGARY BRANCH NEWSLETTER

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Calgary Branch Newsletter:

Anne Prusakowski

Presidents Report - February 2015

As the Winter months are now ebbing away and we look forward to the fresh Spring months ahead, your NAFR Board is now planning for our Annual General Meeting with great expectations.

That is because our National President, Gary Oberg, another Albertan like ourselves, will be our featured speaker at the AGM Luncheon on April 24th, to be held as usual at Fort Calgary. We also look forward to welcoming many new members to our organization as some of the Membership Rules have changed to allow all Honorably Discharged Veterans from Canadian Forces and RCMP to qualify for membership. Those Federal employees who are still currently working are now also qualified to join NAFR and take advantage of the benefits we enjoy as members.

New members are always welcome but they are also a necessity as many of our long time dedicated Board and Office volunteers have become older and not able to carry the load they have so willingly born in the past. You may have noticed that our office hours have been reduced to mornings only. That is due to the fact that our Volunteer Co-Ordinator, Sally Manchurek, has been finding it more and more difficult to find enough people to fill our daily needs for office help. WE NEED YOU!

Please be aware that parking is free while you are at the Kerby Centre. Just sign in with your name and license plate number at the Kerby Registration Desk, then come up to our office on the 3rd Floor #302 and have a cup of coffee, tea, or hot chocolate on us.

I hope to see you all at our AGM on April 24th and hope some of you will decide to volunteer to help in our office or become a member of our Board. We have a great Team!

Marlene LaMontagne, President, NAFR Calgary and District #16

Nominations for NAFR 2015 Volunteer Appreciation and Recognition Awards

Nominations are now being accepted for 2015 for NAFR Calgary Branch and National volunteer awards. Deadline for submissions is 1 March 2015. The awards annually recognize exceptional contributions of our volunteers in several categories:

- (1) Leadership Award. Outstanding leadership in advancing NAFR's mission;
- (2) Innovation Award. Successfully developed and launched a program or activity aligned with NAFR's mission with potential for wide application throughout the system.
- (3) Volunteerism Award. Recognizes a NAFR volunteer who has demonstrated outstanding commitment to community service through volunteer service outside NAFR. May be individual or Group.
- (4) Presidents Commendation: Outstanding one time achievements; Acknowledgement of ongoing contributions; Improved Branch Operations; Volunteering and working on a special project; Promoting positive morale Recognize individuals for continuous commitment and dedicated service.

All submissions are held in strictest confidence.

Guidance Criteria:

- (1) Nominations National Awards must have served for at least 5 years while Branch awards have no minimum service time. Both awards must demonstrate an ongoing commitment to NAFR.
- (2) Detail actions related to responsibilities. Use direct statements based on transitive verbs and award criteria.
- (3) Reasons and substantiation nominee deserves to be recognized--What makes the person unique (confidence, dependability, empathetic). Strengths (mentor, group cohesion, creativity). Leadership (unit builder, welcomes initiatives, coordination). Experience (success, teamwork, organizational skills, related experience, skills). Impact (who and what is affected, what has been changed).

Submissions: Addressed to:

**NAFR Branch Volunteer Appreciation and Recognition Committee
NAFR Calgary Branch, Kerby Centre
Room 302, 1113- 7 Ave SW
Calgary, AB, T2P1B2**

OR:

NAFR Calgary Website: fsnacal@telusplanet.net

Income tax deductibility – membership fees

With income tax time fast approaching, branches are reminded that membership fees are not deductible for income tax purposes. Our Association is neither a charity nor a union in which membership is necessary to earn income. Members may say that they have successfully deducted their membership fees in the past, but unless they were audited, they have no way of knowing the repercussions (as the audit would deem the item non-deductible). Branches are reminded to advise members, individually and collectively, that our Association membership fees are not deductible for income tax purposes. For further clarification, visit the Canada Revenue Agency Web site and search for “Line 212”.

Long Term Care (LTC) in Alberta

What is Long Term Care (LTC) in Alberta?? The Alberta Provincial Government definition is: Continuing Care System, i.e.: Home Care; Four Level Supportive Living and Facility Living. Government announcements of opening Continuous Care beds or spaces is not necessarily LTC beds/spaces. Alberta defines LTC as care received either at a Nursing Home or Auxiliary Hospital for complex and unpredictable medical needs requiring a medical nurse 24/7.

LTC cost is not fully covered by Medicare. In Alberta LTC patients pay \$50-\$60 per day to cover Accommodation, Housekeeping and Meals. Personal medical supplies and pharmaceuticals is paid by AHS.

By 2016 there will be over five hundred thousand (500,000) seniors living in Alberta. The number requiring LTC averages 4% of the senior population which equates to 20,000 LTC spaces. Currently in Alberta there is a combination of 14,370 public and private spaces which is capped by the AB government at 14,500 a deficiency by almost 6,000 of the absolute minimum of forecasted required LTC spaces to support Alberta’s aging population only one year from now. What can you do and add your voice to solving this problem??----For more and in depth information go to Public Interest Alberta and then write your MLA with a CC to the Provincial Cabinet Minister for Seniors and the Premier.

Snowbirds can leave the country for 7 months

CTV News - Last Updated Tuesday, December 17, 2013 2:28PM MST

Albertans who travel outside of Canada will now have provincial health care coverage for up to 212 days (seven months). The new coverage is effective immediately.

This means that Albertans who travel for long periods of time or who are snowbirds won’t lose their health care coverage, unless they are gone more than seven months. It used to be there was a six month limit.

However, Albertans can’t establish a permanent home elsewhere if they want to remain eligible.

Anyone who is travelling for extended periods of time should contact Alberta Health to make sure their coverage is current.

This new coverage extension falls into line with the coverage already offered in B.C., Ontario, Quebec, and Manitoba. Newfoundland allows travelers to leave the province for up to 240 days.

FEBRUARY NAFR LUNCHEON – Fort Calgary – *Please arrive at 10:00 am to be seated.*

Date: Friday, February 20, 2015 meeting commencing at 10:30 am.

Location: Fort Calgary, 750 - 9 Ave. SE, Calgary.

Speakers: Monica Kilburn-Smith and Judy Butler, Spiritual Care at Hospice and Caroline Hart, Calgary Cooperative Memorial Society

Meal: Scones/butter, Mixed Salad with House Made Vinaigrette, Pan fried Basa with Chef Vegetables and Chef Potato's, assorted squares with coffee.

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.

Speakers Bios:

Monica Kilburn-Smith has been the spiritual care director at Foothills Country Hospice for six and a half years, and a healthcare chaplain for 10 years. As a healthcare chaplain, she offers compassionate presence and focus on the religious and spiritual well-being of each person and whatever has meaning for each individual.

Judy Butler is a Registered Social Worker in Calgary - employed at a Seniors Housing Complex as the Social Worker from 2000 to 2008. Retired for 9 months and began employment at Foothills Country Hospice February 2009. Other employment opportunities included AADAC in Edmonton and Peace River, Starting the Medical Social Work Department at the Peace River Hospital Complex, contract work at Gift Lake Metis Settlement. Personal interests include fly fishing, baseball – my team is the San Francisco Giants, and playing Scrabble. In addition to University I was able to take some training under Dr. Elizabeth Kubler Ross and Dr. Harvey Chochinov (in Winnipeg). The Foothills Country Hospice provides a wonderful environment to live each day, hour and minute to the fullest.

Caroline Hart is the Membership Manager of the Calgary Cooperative Memorial Society. Her role is to educate and promote the Society and the many benefits it offers its' members. Caroline is a designated Elder Planning counsellor. Her position involves working alongside the funeral providers, hospices, senior homes and with groups like us here today, to assist families in planning for the inevitable in an inclusive and affordable way. She has 3 kids, 3 dogs and patient neighbours!

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

Annual General Meeting Luncheon – Fort Calgary – *Please arrive at 10:00 am to be seated.*

Date: Friday, April 24, 2015 meeting commencing at 10:30 am.

Location: Fort Calgary, 750 - 9 Ave. SE, Calgary.

Speaker: NAFR President, Gary Oberg

Topic: The Latest Information from National Office

A sit down, three course gourmet luncheon will follow at 12 noon. To reserve a seat at the luncheon please contact our office at 403-265-0773 two to three weeks before the function or leave a phone number for a volunteer to answer at a later time. Please note that office hours are from Mon to Fri, 10:00 am to 12:00 noon from Jan to May, 2015.

Canadians going to U.S. for long stays need to be mindful of changes, says MP

CBC Posted: 01/17/2015 10:00 am EST Updated: 01/22/2015 8:59 am EST

A B.C. MP is warning constituents about a new information-sharing agreement between Canada and the United States that could put travellers who spend a lot of time in the U.S. at risk of significant consequences.

The Entry Exit Initiative allows officials to track how many days Canadians have spent in the U.S. Prior to the agreement, the country could only track exit dates, not re-entry.

Gail Hunnisett, constituency assistant for Alex Atamanenko, MP for B.C. Southern Interior, said she's been fielding a lot of calls since her office put out the information.

"We were specially wanting to alert people that this could potentially be a problem for them if they were being careless about their travel," said Hunnisett.

She said a common misconception is that Canadians can spend up to 182 days, or six months, in the U.S. It's actually 120 days, or four months and that includes all trips to the U.S. in a single year.

Hunnisett said that to extend their stay to 182 days, Canadians have to fill out a special form.

People who overstay their welcome are at risk:

- being considered a U.S. resident and having to pay taxes on worldwide income
- losing their Canadian residency and their health care
- being deemed illegally in the U.S. and being banned from the country for three to 10 years.

"Anyone who travels to the U.S. regularly should keep a log and make sure they're accurate if they're asked to substantiate their time across the border," said Hunnisett.

She said the rules of length of stay haven't changed; only the information that can be shared between borders.

Hunnisett so far she hasn't spoken with anyone who's been caught.

For more tips, listen to the full interview with Gail Hunnisett. Click on the audio labelled: Gail Hunnisett's tips for Canadian snowbirds.

Canadian snowbirds: Rules you need to know

What you need to know about visas, taxation, insurance before taking a long U.S. vacation

By Daniel Schwartz, [CBC News](#) Posted: Jan 25, 2015 5:00 AM ET Last Updated: Jan 25, 2015 5:00 AM ET

<http://www.cbc.ca/news/canada/canadian-snowbirds-rules-you-need-to-know-1.2925513>

Checklists for snowbirds

Checklists for snowbirds about what to do around their home, with their personal finances, for example, abound on the web. Two of the most detailed publications are available free on the Canadian Snowbirds Association website.

- [The CSA Travellers' Checklist](#)
- [CSA Travel Information Guide](#)

VOLUNTEER PROFILES:



Harold Park

I was born on the family farm in Lake Francis Manitoba on January 1934. I left the farm and joined the Canadian Army in July 1953. I was stationed in Nova Scotia at Camp Aldershot with the Black Watch I and served in Korea in 1953-54. In 1956 I transferred to the Royal Canadian Army Services Corps and served overseas at Egypt, Cyprus, and Germany. I also served in Fort Churchill and Borden, where I met and married Jane. I was then posted to Calgary where I retired from the army and started to work at the Calgary University Security. We then moved to Airdrie where we continue to live. Upon retiring I started to go to the NAFR meetings and do volunteer work.



Jane Park

I was born in Nova Scotia and went to school in Glenville and Oxford. Then I went to Moncton New Brunswick to take my training for a X-ray technician and stayed for 4 years. I then moved to Toronto and worked at the Women's College Hospital. I married and had three boys. We moved to Angus Ontario where my husband passed away. I then married Harold. We moved to Calgary and, when he retired from the army, we moved to Airdrie. I worked as a Care Aid at Bethany while he worked at the University. When we both retired we started to go to the NAFR meetings and become volunteers.

NAFR Members Information

Members are encouraged to check the NAFR Calgary Branch website frequently for updates at www.fsnaab.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 fsnacal@telusplanet.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).