

CALGARY BRANCH NEWSLETTER

President:

Marlene LaMontagne

1st Vice-President:

Steve Harbicht

2nd Vice-President:

VACANT

Membership Co-Chairs:

Pat Henderson
Rob Malcolm

Treasurer:

Rob Pollard

Secretary:

Gabrielle Simpson

Volunteer Coordinator:

Sally Manchurek

Past President:

Gerry Thompson

Directors:

Lois Fisch
Willma Haney
Heather Thompson
Sally Manchurek
Gabriele Simpson
Rob Malcolm
Anne Prusakowski

Health Benefits Officer:

Steve Harbicht

District Director:

Roy Goodall

Auditor:

Rob Pollard

Presidents Report - Fall 2015

As you know, I was privileged in June, along with our Branch Secretary Gabrielle Simpson, to attend the 2015 Annual Meeting of Members held in Ottawa. It was enjoyable as well as surprising in many ways. For our Branch in particular, I was honored on behalf of our Board and members to accept a lovely “Member Support Award” for providing outstanding service to our Branch members. I will bring it to the September 25th luncheon at Fort Calgary for all to see and admire before placing it on display in our office. To me, this trophy signifies that ours is the best Branch in all of Canada. Of course, we all knew that but it is nice to have it acknowledged in such a meaningful way.

We were shocked and disappointed during the discussion period at the AMM to hear Gary Oberg, whom you will recall having been our featured speaker at our Annual Meeting last April, submit his resignation as National President of our organization. You should not be surprised that I, as your President, quickly found my way to a floor microphone to share how much our Branch had appreciated the work and attention which Gary had provided to the Association and to our Branch. He and his gracious wife, Marg, will be missed.

The main issue being discussed at the AMM, as well as at the Presidents’ Forum which I attended, was the controversial 2016-2018 Strategic Plan. There was such resistance to this plan by the majority of Branches that the Plan was referred back to the National Board to describe a planning framework and define the related terminology. As a result, we should be hearing about more effective communication between the National Office and Branches.

In the meantime, the Dissolution of our Branch’s Corporate status has been proceeding with new and revised By-Laws and the final Resolutions by Members to be presented in a Special Meeting prior to our lunch and speaker from 10:30 A.M. to 11:00 A.M. at Fort Calgary on September 25, 2015. We hope you will make a special effort to attend. While you are

there, you may wish to take time after the luncheon to see Fort Calgary's new sculpture "Mountie on Horseback" which is situated at the eastern edge of the Elbow River Traverse.

Marlene V. LaMontagne, President, Calgary & District AB#16

BRANCH EVENTS: Notice of Special General Meetings - Calgary and District Branch

Two Special General Meetings are being scheduled to coincide with our fall and winter quarterly Luncheons on Sept 25, 2015 and November 20, 2015 respectively.

As we have been discussing with members the past six months, our Branch is taking steps to comply with a resolution passed at the National Association's Annual Meeting in June 2014. It requires the current six incorporated Branches to dissolve their corporate status and return to their Branch Charter status. We are one of the six incorporated Branches.

FSNA Calgary Branch was founded on December 31, 1964 when it was awarded a charter by the National Association. In 2007 our Branch became incorporated under the Alberta Societies Act. The intent was to allow the Branch greater flexibility to raise and/or borrow money to pursue the acquisition of a property to house our office and administrative records.

To proceed with returning to our charter status and dissolving our corporate status we will be asking members to vote on a series of motions at the September and November Special General meetings.

The purpose of the September meeting will be to pass a special resolution that will reactivate the original charter with a revised Branch name (National Association of Federal Retirees –Calgary and District Branch) and to function as an unincorporated part of the Association. Members will also be asked to pass a special resolution that will result in the adoption of new by-laws, and normal resolutions to elect/appoint a Board of Directors, and authorize funding transfers from the current corporate bank accounts to the new Branch unincorporated bank accounts.

The November meeting will deal with special resolutions to dissolve and wind down the corporation.

The intent is to make this a seamless transition so that members will not see any impact on their membership and benefits either nationally or at the Branch level.

CALL FOR NOMINATIONS AND VOLUNTEERS

We are seeking volunteers to work in the Office which is open Monday to Friday 10:00am to 12:00 Noon. Duties include processing receipts for payment of membership fees, providing contact information for Pensions and Benefits, referrals to the HBO and following up on general membership inquiries. Call 403-265-0773 or send an email to fsnocal@telus.net if you can spare a few hours to assist the members.

SEPTEMBER NAFR SPECIAL GENERAL MEETING and LUNCHEON –

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

Date: Friday, September 25, 2015 Special General meeting re the motions to dissolve our corporate status - commencing at 10:30am prior to the speaker.

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

Speaker: Colleen Ruest the sales representative for Jamieson Laboratories

Meal: Buttermilk Scones with Butter
Tomato/Roasted Red Pepper Soup
Pork Tenderloin/Mushroom Ragout/Chef Potato & Vegetable
Plate of Assorted Dessert Squares and Tarts
Freshly Brewed Coffee & Tea

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 Bio: Colleen Ruest is a Territory Manager for Jamieson Laboratories and has worked for them for 10 years. She calls on all Pharmacies in the NE and NW of Calgary and all towns north of Calgary up to and including Red Deer. She has a 20 year background in the sales industry and does many Vitamin Clinics at pharmacies. She has a very strong passion for the Health and Wellness industry and a strong knowledge on the Vitamin Products.

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

NOVEMBER NAFR SPECIAL GENERAL MEETING and LUNCHEON –

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

Date: Friday, November 20, 2015 Special General meeting re the motions to dissolve our corporate status - commencing at 10:30am prior to the speaker.

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

Meal: Buttermilk Scones with Butter
Mixed Green Salad/Honey Citrus Dressing
Braised Beef Short Ribs/Chef Potato & Vegetable
Plate of Assorted Dessert Tarts and Squares
Freshly Brewed Coffee & Tea

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.

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Government of Canada's website for seniors (and their caregivers)

The Government of Canada is currently undergoing a website renewal exercise. By the end of 2016, over 1,500 individual websites representing nearly 100 federal departments and agencies will be merged into one entry point: Canada.ca.

The Government of Canada's website for seniors and their caregivers (Seniors.gc.ca) is evolving to make its web content more accessible and user-friendly and has now adopted the Canada.ca design. It can now be accessed at: www.Canada.ca/Seniors.

To demonstrate how the website works and encourage seniors and caregivers to visit the site, the Government of Canada has created a video tutorial. The video, which has been customized for each province and territory, serves as a guide to help seniors and their caregivers access information on resources, programs and services. The videos can be downloaded from their website by clicking here [.\(http://www.seniors.gc.ca/eng/ai/index.shtml\)](http://www.seniors.gc.ca/eng/ai/index.shtml)

www.Canada.ca/Seniors supports the Government of Canada's efforts to encourage seniors to stay active, engaged and informed.

Chartwell Retirement Residences Hosts National "Fall Fest" Open House

Chartwell Retirement Residences is excited to announce that we will be hosting a National Open House on September 20th at all of our retirement communities across Canada.

Autumn is a beautiful time of the year in Canada, which is why we've decided to mark the season with time-honoured activities at our "Fall Fest" Open House. Join us at one of our family-friendly events, where you'll have the opportunity to enjoy themed food and entertainment typical of a traditional fall fair, as well as the chance to look around our seniors' communities to truly experience what it feels like to live in a Chartwell retirement residence.

Date: Sunday, September 20, 2015

Time: 1:00 – 4:00 p.m.

Where: Chartwell retirement residences* across Canada

*Please note that Chartwell Long Term Care and Extended Care residences will not be hosting Open House events.

Discover how Chartwell can help provide you or a loved one with a happier, healthier and more fulfilling retirement lifestyle at our Fall Fest Open House, and don't forget to ask about our **special offer exclusively for NAFR members!**

To find the retirement residence nearest you, visit chartwell.com or call 1- 855-461-0685.

October 1st National Seniors Day

Take note that October 1st each year is set aside to recognize all seniors in across the country. This Association recognizes and thanks all seniors for the important contributions that they have made, and will continue to make in the future. Check out the attached link for more information on this special day: <http://www.seniors.gc.ca/eng/pie/nsd/index.shtml>

2015 Volunteer Recognition Awards

The Calgary and District Branch was awarded the Member Support Award.

The Branch used statistical analysis to customize messaging and services, and delivering these through multiple communications channels, such as their branch website, newsletter, meetings, personal contact and outreach initiatives. The successful establishment of two satellite branches has expanded the Branch's reach and support to its members living outside of Calgary. The Branch has established and maintained high customer service standards, and operates a service - focussed office staffed with highly engaged and informed volunteers who provide personal support to branch members. Marlene LaMontagne accepted the award on the Branch's behalf.

Long-term care insurance gets a wake-up call, Will Ashworth 28 Aug 2015 (Life Health Professional)

A new survey provides overwhelming evidence that Canadians are extremely concerned about the long-term care challenges seniors face and yet the insurance industry is doing little to ensure our aging population does so gracefully.

"It is certainly fitting that we're meeting in Charlottetown where our forefathers sowed the seeds of confederation," said Bob Nutbrown, a member of the PEI Nursing Home Association. "Caring for our seniors is one of the most important things we can do as a society, and according to this survey, Canadians want government to do more."

The Canadian Alliance for Long Term Care surveyed 1,000 Canadians in July about this subject. Ninety-three percent believe that the federal government should work with the provinces to ensure that Canadians have access to the same level and quality of long term care regardless of where they live in Canada.

That's an admirable thought but it's hardly realistic given our health care system is already stretched to the limits. Somebody's got to pay for long-term care but it's not likely that the government, federal or provincial, is going to come to the rescue of hard-working Canadians.

Thus, advisors and insurance carriers have an opportunity to play the knight in shining armour.

"It's been positioned as an elitist product [LTC insurance] where people mistakenly believe the premiums are going to be \$4,000 or more a month and that's not affordable. Advisors hear this stuff and don't want to go there," LTC expert Karen Henderson told LHP. "The fact of the matter is the product has become much more flexible, much more affordable, much more adaptable."

Henderson believes that advisors who educate themselves about how the product works and understand inside and out the differences between the policies offered by the handful of companies that sell LTC insurance will do right by their clients.

Unfortunately, carriers don't make it easy for advisors providing almost no marketing or product support for LTC insurance.

"Long-term care insurance is not being marketed today," said Henderson. "Since Sun Life dropped their specialist program a couple of years ago for the third time, nobody is selling LTC insurance."

Federal Election Update

On October 19, 2015, Canadians will head to the polls. This year, the Association's focus is the Honour Your Promise campaign. This campaign focuses on protecting our members defined benefit pensions, and states that "a deal is a deal" – that politicians should honour their promises to their employees and retirees.

The campaign includes the re-launch of a new and improved website at www.honouryourpromise.ca. Please visit the website, like our Facebook page (www.facebook.com/honouryourpromise) and share with your family, friends and former colleagues.

The Geezer Vote, Margaret Atwood (National Post)

<http://news.nationalpost.com/full-comment/margaret-atwood-the-geezer-vote>

Missing on the campaign trail: Talk of health care, Evan Solomon (Maclean's)

<http://www.macleans.ca/politics/ottawa/why-were-not-talking-about-health-care-this-election/>

VOLUNTEER PROFILE: Guy Lallier



Guy Lallier

I was born and raised on a farm by Ponteix Saskatchewan. After High School I studied Business Accounting and then went to work for CMC/UI when I was 20, and worked full time for the Federal Government ever since. I spent some time with Revenue Canada as a Tax Assessor, then with Ministry of Transport in Calgary in Accounts Receivable and Payable, then went back to work for UI for almost 20 years, when I was lucky to become a Systems Coordinator for a couple of years. Afterwards I went back to work for Canada Revenue Agency, but as an Computer Analyst for 10 years, then as an I.T. Team Leader for my last 5 years. Being only 55 years old with 36 years of service, I decided to volunteer with NAFR and several other Calgary agencies to keep busy