



National Association  
of Federal Retirees      Association nationale  
des retraités fédéraux  
**WINNIPEG & DISTRICT**

National Association of Federal Retirees  
Winnipeg & District Branch  
National Website: [www.federalretirees.ca](http://www.federalretirees.ca)  
Branch Website:  
[www.federalretirees.ca/en/Branches/Manitoba/Winnipeg-and-District](http://www.federalretirees.ca/en/Branches/Manitoba/Winnipeg-and-District)  
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**GENERAL MEETING:**

Wednesday, November 23, 2022  
Masonic Memorial Temple

MINUTES

Present: Ceci O'Flaherty, Lionel Guerard, Donna Dobson, Cynthia Foreman, Naomi Ashton, Dorian Guerard, Glen Schur, Paula Nygaard

Regrets: Gwen Schentag, Pat Jarrett

Attendees:

Meeting was called to order at 12:57 p.m.

1. Approval of Agenda: The agenda was changed since Gwen Schentag is unable to attend, Ceci will answer financial questions if necessary.  
Seeing no other changes or objections the agenda is approved.
2. A moment of silence was held for those no longer with us.
3. Introduction of "first-time attendees":
  - Eight members attending for the first time were welcomed. Six eligible for membership people attended and were welcomed.
4. Review of Minutes from the September 21, 2022 General Meeting: Dorian Guerard motioned to accept the minutes as written, seconded by Cynthia Foreman. Carried
5. President's Report: We have held three in-person meetings in Winnipeg this year and one in Gimli. We have increased attendance at each one. Please be mindful of the people you are sitting with, wear your mask if you prefer and please cancel your attendance if you are not feeling well. The pension indexing was announced at 6.3% effective January 1, 2023. Remember that your membership fee structure is tied to pension increases but one year behind. January 1, 2023 fees will increase 2.1% and January 1, 2024 they will increase 6.3%.

Our membership has increased by 70 members since September 2021. Considering an average of 5-15 members pass away every month this is a significant increase.

Mega Recruitment Drive: Refer a member to the Association and get your name in for great prizes: \$5,000 from Collette Travel, \$10,000 cash from Johnson Insurance, two tablets from Rogers and Simply Connect. The Winnipeg & District Branch will also send you a \$25 gift card of your choice for referring a member or a \$15 Tim Horton's or Starbucks gift card for increasing your membership from a single to a double.

We had intended to host an event for the Manitoba 150 birthday. Since we missed that we have a new event scheduled at Celebrations Dinner Theatre May 3, 2023. The branch will be subsidizing the cost of the tickets so watch your email for further details.

We will be hosting the District Directors' meeting also in May 2023. Delegates from all the Prairie branches will be in attendance along with people from National Office. As they will be attending the Celebrate Manitoba event, this is an opportunity for you to meet and ask questions.

Financial Statements: Ceci presented the financial statements as Gwen was ill. Office rental has increased in the budget because we rented a storage locker mid-2021 so the increase shows the full yearly rental.

Reports:

**Advocacy Program Officer (Cynthia Foreman):** We are working on a pre-budget submission. Please go to the website ([www.federalretirees.ca](http://www.federalretirees.ca)) and follow the link to a letter to send to your MP which encourages our advocacy priorities are being heard.

Planning has begun for the Provincial election coming up in October 2023. We need to make changes in health care and long-term care for seniors. If you are interested in getting involved in this initiative please send an email to us at [NAFRwpg@mymts.net](mailto:NAFRwpg@mymts.net).

We have had the opportunity to contribute to the Manitoba Seniors Strategy consultation surveys. If you have taken the time to complete past surveys and would like to see results or take part in future surveys, I encourage you to visit their website at [www.engagemb.ca/building-a-plan-with-manitoba-seniors](http://www.engagemb.ca/building-a-plan-with-manitoba-seniors). If you know of any other senior associations we can exchange ideas with please let Cynthia know by sending her an email at [nafrwpg@mymts.net](mailto:nafrwpg@mymts.net).

**Business Services Coordinator (Paula Nygaard):** It has been a busy year looking after both Manitoba and Saskatchewan but the good news is that Saskatchewan now has their own BSC, and I am back to focusing on just Manitoba again.

In late April, Winnipeg Branch held its annual Orientation Session where we worked on the Strategic Plan and created committees for all of the upcoming activities. This is a very important session as new board members get an in-depth training session from all of the repeat board of directors. Winnipeg Branch might actually be the only province that has this program. It is nice that the whole board of directors can get together for a few days to make plans for the upcoming year.

In September, the Branch Presidents, APO and BSC attended a District Directors meeting in Calgary where we had the opportunity to meet with the Branches from all the Prairies.

In October, the Manitoba Branches attended the annual Learning Conference. There were many interesting topics and speakers.

Don't forget there is a Mega Recruitment drive on right now and it has lots of prizes to give away! I urge anyone that might be interested in becoming a board member to reach out to one of us. I have found working with NAFR board of directors to be a very rewarding experience and it keeps my mind working. It is a great opportunity for you to look into.

*Motion to Adjourn the Meeting at 1:44 by Eveline Beriault, seconded by Al Godfrey. Carried*

Next Meeting

Wednesday, April 12, 2023 (to be confirmed)

September 20, 2023

November 22, 2023

SIGNATURES:

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Donna Dobson, Secretary

Date

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Ceci O'Flaherty, President

Date