

# BRANCH REPORT

## AB16 | Calgary & District

### CONTACT US

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**President:**  
Guy Lallier

**Vice-President:**  
Roloin Vetsch

**Treasurer:**  
Bonnie Pratt

**Membership:**  
Jennifer Johnson

**Secretary:**  
Gabrielle Simpson

**Volunteer Coordinator:**  
Sally Manchurek

**Health Benefits Officer:**  
Paula Fuerst

**Directors:**  
Gerry Thompson  
Heather Thompson  
Maggie Smith  
Ron Beirnes  
Anne Prusakowski

**Past President:**  
Pat Henderson

### President's message

In these unprecedented times - - - and a lot of other sayings that I'm sure we are all tired of hearing, there are a lot of changes that have occurred and will continue to occur before life returns to something that we call normal. We are looking forward to travel, family gatherings, social outings, and our quarterly lunches, and more. However, there are going to be many more changes with this new normal, personally, professionally, and in our branch.

Until now, our in-person meetings have been suspended, and rightly so, as we don't want to possibly pass the COVID-19 virus and any variant to our friends, family, and for some, our grandchildren. Until this virus is under control, we are all cautious in our interactions, despite how the Delta, Lambda, or whatever the next variant is called exhibits its contagiousness. The last thing we want is to be in large gatherings and exposed both for our health or for our families.

Then there is (at the time of this writing) the upcoming Federal Election. We as a branch and organization, have been active in our Reach 338 campaigns. Branches and members across the country have been meeting with elected officials to discuss the issues that our organization wants to support, such as retirement income security, national seniors' strategy, veterans' well-being, and Pharmacare. Thanks to our directors Bonnie Pratt, Gabrielle Simpson, and Heather Thompson for their time and effort in advocacy to meet with our MPs locally.

Prior to 2020 we met as a board in person monthly, and as a branch we had our quarterly luncheons. As a board we still have not met in person but have had regular Zoom meetings. Our office located at the Kerby Centre has remained closed and we will be discussing this at our next board meeting.

PARTNER BANNER



Many other changes have occurred with our branch operations and with a few technical glitches we are managing remarkably well.

Kerby Centre itself was closed until recently, and they have significantly changed. Please visit their website for more details ([Kerby Centre](#)).

Fort Calgary was closed until August and the museum has restricted opening procedures. Their catering venue and services have not yet resumed function, and our meeting there will not continue for the time being.

I would like to thank our active board members and other volunteers who have generously contributed their time and talents to our branch which is serving almost 4,000 members. We are lucky that we have a full slate of volunteers while there are some branches folding because they don't have this support and contribution from their members. I have mentioned three directors already who also work at being treasurer, secretary, and advocacy but there are 8 others besides myself who work at: Social Media (Maggie Smith), Membership (Jennifer Johnson), Health Benefits (Paula Fuerst), Finance Committee (Gerry Thompson & Roloin Vetsch), Veterans (Ron Beirnes), Volunteers (Sally Manchurek) and our Sage & Website Coordinator (Anne Prusakowski).



Sincerely,

**Guy Lallier**  
*Branch President*

## [Mega Recruitment Drive](#)

The Mega Recruitment Drive is back! Refer a member to the Association again this year for your chance to win one of [14 great prizes](#), including the grand prize - \$10,000 cash courtesy of Johnson Insurance.

The early-bird prize is a \$500 pre-paid credit card, courtesy of SimplyConnect. The early-bird draw will be held Nov.1, so start getting your referrals in early and often! Did we mention that every new member referral [earns you a \\$5 gift card as a thank you?](#)

**Contest period: Sept. 1, 2021, to Dec. 31, 2021**

There is no better recruitment resource we have than you, our members. The Mega Recruitment Drive aims to recognize and reward the invaluable recruitment efforts of our dedicated members.

Good luck and happy recruiting!



## National Seniors Day

Oct. 1 of each year is National Seniors Day, which coincides with the [United Nations International Day of Older Persons](#) and is an occasion for Canadians to celebrate the profound contributions of seniors in our homes, communities and workplaces.

The 2010 Speech from the Throne (SFT) announced that the Government would support legislation to create a National Seniors Day. The Celebrating Canada's Seniors Act received Royal Assent on Nov. 18, 2010. Canada's very first National Seniors Day was celebrated on Oct. 1, 2011.

For Federal Retirees, tackling seniors' issues is not reserved for Oct. 1, but National Seniors Day is still a wonderful opportunity to raise awareness and to join a global conversation about healthy aging. Keep your eye on our website and our social media feeds in the lead-up to National Seniors Day for informative articles and opportunities to get involved.



*Finding Balance* is a seniors' falls prevention initiative developed by the Injury Prevention Centre at the Injury Prevention Centre at the University of Alberta.

**Finding Balance** is an education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls. Seniors can prevent falls by keeping active to improve their strength and balance, reviewing their medications yearly, and by visiting their eye doctor for a yearly eye exam.

Check out the Finding Balance website - <https://findingbalancealberta.ca/>

November is Falls Prevention Month across Canada. The campaign provides seniors and practitioners with the latest information and resources to help reduce the risk of falling and encourage seniors to live an active and independent lifestyle. Please visit the campaign section for more information.

### Program: Make Movement Your Mission

These live online movement sessions help people change their movement patterns throughout the day.

The three times per day, 10-minute live Facebook Make Movement your Mission segments can be found [here](#) (free to download and print). The Facebook site is [here](#) (or search for Make Movement Your Mission) and for those who can't join live or are not on Facebook - they can be viewed afterwards on [YouTube](#).



## Your Contact Information – Is it up to date?

During this exceptional time in our lives, keeping informed on issues that affect us is extremely important. For instance:

- How is travel/medical coverage affected because of COVID?
- What will the impact be, if any, on pensions because of COVID?
- Where are we with a national senior's strategy and national Pharmacare?
- How is the National Association of Federal Retirees and its Branches advocating on your behalf?

Now, more than ever, it is important that we all keep informed on those issues that affect not only Federal Retirees, but seniors in Canada. By updating your information, your Branch and National Office can continue to connect with you through mail-outs, emails, websites, and Facebook.

If you have ***moved, or changed either your home address, telephone number or your e-mail address recently***, please let us know by contacting [service@federalretirees.ca](mailto:service@federalretirees.ca) or call the National Office membership team at 1-855-304-4700, ext. 300 to update your information.

### Federal Retirees Members Information

**Please check out our National Association of Federal Retirees websites:**

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

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

Facebook - [National Association of Federal Retirees - Calgary YYC.](#)

For questions or inquiries, please phone 403-265-0773 or email [nafrcalg@telus.net](mailto:nafrcalg@telus.net).

