

# CALGARY & DISTRICT BRANCH REPORT

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Rob Pollard

**Vice-President:**

Pat Henderson

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Pat Henderson

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Guy Lallier

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Gabrielle Simpson

**Volunteer Coordinator:**

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**Health Benefits Officer:**

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**Auditor:**

Pat Grant

## Presidents Report – Fall 2018



In June I attended my second Annual Meeting of Members as President of the Calgary and District Branch. It was a very positive and successful event. The meeting was well organized and ran on a tight timeline. Three of the proposals were passed with 100%

of the votes being in favour. The meeting did not have guest speakers and the time was spent on education and training which was well received. I understand that the feedback was very positive. The training modules used will be available to all Branch board members in the coming year.

The Moving Forward Initiative was one that received unanimous consent. Over the past year all members should have received information on the Initiative and were asked for comments and feedback. It is on our National Website if you need up dates or more information. There is still a lot of work to be done over the coming months on this document as it will drive the development of our next strategic plan for the years 2020-2022 and will help shape the future of the Association.

In the advocacy area, Bill C-27 is still on the table after 2 years and we need to let the government know that we have not forgotten it. Over 40,000 e mails were sent to MPs and the association met with a number of MPs. We need to keep working together to stop this Bill.

The Advocacy Team is gearing up for the Federal and Alberta election which are coming up in 2019. The election campaigns

give us opportunities to further advance the interest of members. We can always use more help, so contact us.

We have a minister for seniors and now need to get to finish the work on the National Seniors Strategy.

As some of you already know the Association has been able to get some recognition for our veteran (armed forces) members with Air Canada. Members of the Association who have a veteran membership card get a free checked bag, subject to the airline's policies. Request your card by e-mail or completing the post card in the Sage magazine, or call National Office.

Thanks for you time and I looking forward to meeting you at our up coming luncheons this fall.

Rob Pollard

### **Seniors' advocates want minister to be more than a token**

Matthew Kupfer · **CBC News** · Posted: Jul 19, 2018 6:34 AM ET | Last Updated: July 19

Seniors' advocates are welcoming the creation of the seniors' portfolio in Justin Trudeau's cabinet, but want to see that the new minister has the power to get things done.

<https://www.cbc.ca/news/canada/ottawa/federal-seniors-minister-filomena-tassi-1.4752506>

### **Air Canada, WestJet raising checked luggage fees**

**CBC Marketplace** [watchdog@cbc.ca](mailto:watchdog@cbc.ca)

**The Canadian Press** · Posted: Aug 27, 2018 7:05 PM ET | Last Updated: August 28

The country's two largest airlines are raising the fee for the first checked bag to \$30 from \$25. They will also raise the price of checking a second piece of luggage to \$50 from \$30.

<https://www.cbc.ca/news/business/air-canada-westjet-raise-bag-fees-1.4801201>

### **As airlines hike checked bag fees, charges for carry-on luggage could be next**

[Sophia Harris](#) · **CBC News** · Posted: Aug 30, 2018 4:00 AM ET | Last Updated: August 30

Buckle up: Now that Air Canada and WestJet have hiked their checked bag fees for economy fares, some airline experts predict charges for carry-on luggage could be next.

<https://www.cbc.ca/news/business/canada-airlines-baggage-fees-charges-1.4803361>

## **AT THE NEW SENIORS COMPLEX !!!**

On the first day at the new seniors complex, the manager addressed all the new seniors pointing out some of the rules:

#1-"The female sleeping quarters will be out-of-bounds for all males and the male dormitory to the females.

#2-Anybody caught breaking this rule will be fined \$20 the first time."

#3-Anybody caught breaking this rule the second time will be fined \$60.

#4-Being caught a third time will cost you a fine of \$180.

Are there any questions?"

At this point, an older gentleman stood up in the crowd inquired

"How much for a season pass???"

## **How Licensing Changes as You Age**

By Robin Schroffel and Craig Moy  
Originally published in [AMA Insider Fall 2017](#)

In Alberta, the process for renewing your driver's licence changes as you age. Here's what to expect from at this later stage of your driving journey.

### **I'M 65 OR OLDER...**

As you plan your retirement from work, it may also be time to start thinking about an eventual retirement from driving. This is a way down the road for most younger seniors, but taking stock of your options now means you'll be better prepared for the future—especially if you have a pre-existing medical condition that may impact your driving as you age. And if your health changes in a way that could affect your ability to drive, you must disclose it to the government.

### **I'M APPROACHING 75...**

Shortly before your 75th birthday, you'll receive a letter from the government telling you to arrange for a medical exam in order to renew your driver's licence. Most family physicians can administer the exam, which tests your vision, hearing, blood pressure and cognitive ability. It also accounts for your medical history and current health.

Prepare for the exam by ensuring your vision prescription is up to date, and by going for a hearing test, if you think you need one. And make a habit of performing simple exercises to aid your flexibility (essential for shoulder checking) and mental acuity.

### **I'M TURNING 80 SOON...**

The government requires that you undergo the driver medical exam again prior to your licence renewal. An exam is then required every two years after age 80 (i.e. at 82, 84, etc). If you have any pre-existing medical conditions, you may need to go for several exams.

At this point you'll also want to further explore your mobility options—so you're better prepared to transition out of driving, if and when the time comes.

# I'M 75...

WHAT HAPPENS NOW?\*

DID YOU PASS YOUR MEDICAL EXAM?

NO

YES

What did your doctor recommend?

REFERRED FOR MORE ASSESSMENT

REFERRED FOR ROAD TEST

**This could include**  
a computer-based cognitive assessment, evaluation by an occupational therapist, or even a confidential AMA in-vehicle evaluation. Results are considered with your medical information and driving record by Alberta Transportation to determine your fitness to drive.

**This may be needed**  
in addition to other medical or cognitive testing. The road test is the same one young drivers must pass to obtain their licence, minus the parallel-parking requirement. There's no charge for your first road test if you're taking it at your physician's request.

Was this assessment favourable?

Do you want to try again?

Did you pass the road test?

YES

NO

NO

YES

NO

YES

**Great!**  
Bring your test results, plus any other necessary paperwork, to an AMA Registries office and renew your driver's licence.

**YOU'VE DECIDED TO RETIRE FROM DRIVING**  
Visit a registries office to have your licence changed to Class 8 (photo ID). Access alternative mobility options and continue to enjoy your independence.

**Your licence will be reclassified to Class 7**  
You may drive when accompanied by Class 5-licensed driver. Register for another road test if you wish to do so. You can take the test more than once.

Did you pass the road test?

NO

YES



\*Individual circumstances may vary. Consult your doctor and Alberta Transportation for more information.

**Notice:**

**Effective September 21, 2018 meal prices will be \$15.00 for members and \$20.00 for non - members.**

**Unless a couple has a double membership, they will have to pay 2 different prices - \$15.00 for the member and \$20.00 for the non-member.**

**To upgrade from a single to double membership is only \$14.64 and can be done at any time - just call the office 403-265-0773.**

**November 16, 2018 Quarterly Luncheon and Business Meeting**

**Location: Second Floor, Fort Calgary, 750, 9 Ave SE, Calgary  
Please arrive at 10:00 am to be seated.**

**Speaker: Bonnie McIntyre**

Regional Outreach Officer/ Agente régionale du programme de visibilité  
Canada Revenue Agency/ Agence du revenu du Canada

Some of the topics that will be covered include:

CRA Scams, Home Accessibility Tax Credit, Care Givers Tax Credit, Pension Income Splitting, OAS Waiver, Medical Expenses, Choosing an Executor etc.

**Menu:**

- **Freshly Baked Buttermilk Scones with Butter**
- **Roasted Butternut Squash and Apple Soup**
- **Turkey Roulade with Sage Stuffing**
- **Roasted Carrots**
- **Mashed Potatoes with Pan Gravy**
- **Lemon Meringue Pie**
- **Freshly brewed coffee and tea**

**Bar Service will be available**

**Reserve a seat by calling the office at 403-265-0773 one to two 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 very much appreciated.**

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### **Okotoks/Foothills Coffee Sessions:**

Please contact Michelle Luchia at 403-938-7397 or Doug Raynor at 403-995-1786 for information.

### **Canmore Coffee Sessions:**

Please contact Jette Finsborg at 403-609-0598, email [jfinsborg@gmail.com](mailto:jfinsborg@gmail.com) for information.

### **Call for Volunteers**

We are always looking for volunteers. Some of the activities involve working in the office to answer the telephone, reply to correspondence, process receipts for payment of membership fees, provide contact information for pensions and benefits, send referrals to the HBO, follow up on general membership inquiries and maintain a log book of activities to keep a record of members' concerns; projects to recruit new members; helping with the luncheons; and/or working on other projects that might arise. The Calgary and District Branch Office is open Monday to Friday 10:00am to noon from September to June. If you are interested, please call the office at 403-265-0773 or email the Volunteer Coordinator, Sally Manchurek at [m\\_sally6@hotmail.com](mailto:m_sally6@hotmail.com).

## **NAFR Members Information**

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

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

Calgary & District Branch: <http://nafrcgyc.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, 7<sup>th</sup> 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](mailto: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).