

Summer 2025 Sage Branch Report

Greeting from your President:

As summer draws near, people and especially retirees are going to the local nurseries to select bedding plant and flowers. We go through the ritual of planting or arranging outdoor ornaments and lights to provide beauty and variation to our homes, particularly to our doorways, or as in my case, balconies. I enjoy planting canna lilies bulbs and watching the majestic stalks grow. It is a pleasant change that is positive and welcoming.

2025 is the year for changes. We have a new Prime Minister to lead our country. Southwestern Manitoba will have a new Member of Parliament, and our National Association will have a new President. Considering that, there will be new leaders in three leadership positions who will be responsible for representing and serving constituents and our members.

Our Association is going to change. Consultants have been hired, surveys have been conducted across all 77 branches, and a committee formed to provide recommendations. The suggestions made by the Branch Restructuring Committee have the influence to significantly alter how branches operate. Many branch-level voices are in support of making the required adjustments to create a feeling of equal voice among branches. How to ease the operational strain on branches with fewer volunteers is another.

Like other branches and even other community non-profit organizations, our Western Manitoba Branch requires fresh leadership, fresh perspectives, and fresh ideas. Volunteers are needed.

At our May 2024 Prairie District Conference, we were fortunate to have Rob DeRooy, of Governance Solutions deliver an excellent presentation on board governance. What I took away from that presentation was 2 quotes:

"A board's role is to get the most out of the resources within the organization." and
"After 9 to 10 years, staff, management and board members are ingrained in the organization, they are not able to offer many new ideas. They lose their sense of independent thinking." Although, somewhat controversial, I believe it is true. The phrase "why change what works?" comes to mind. As does "this is the way we have always done it". Change means growth and can be very exciting! Just like the new blossoms in your planters.

In closing, your branch welcomes your suggestions for change. Have a fun and safe summer. Enjoy the sight and aroma of your flowers and perhaps those of your neighbours, too.

Sincerely,

Wendy Jarvin
Branch President



Branch Highlights

General membership meeting — October 24, 2024

At our General Meeting last October, the guest speakers were Glen Jones, President and Colin Wilcox, former RCMP from the Central Manitoba Branch. The topic was **Fraud and Scam Prevention**: These engaging speakers discussed current scams and ways to safeguard your finances and personal information from phone and internet fraud.

Glen and Colin gave several examples of scams. Members in attendance shared more fraud incidents and scams they had heard about and encountered. These gentlemen are dedicated about safeguarding seniors against unscrupulous scammers, and they have made it their mission to speak at senior centers and housing complexes. They prepared a brochure titled "Anti-Fraud and Anti-Scam Information" in collaboration with Stride Credit Union. If you would like a copy, please request via email to westernmanitoba@federalretirees.ca

If you think you are a victim of fraud:

1. Immediately call your financial institution (bank or credit union) and /or credit card company.
2. Call the RCMP of your local Police (Brandon Police Services 204-729-2345).
3. Call the Anti-Fraud Centre 1-888-495-8501 to report fraud and scam phone calls.

[Canadian Anti-Fraud Centre](#)

[How to report fraud and scams in Canada](#)

“Falling for a scam is not a sign of weakness; it’s a reflection of how convincing these schemes can be.”



Colin Wilcox of Central Manitoba Branch, presenting Anti Scam Information to seniors in Portage La Prairie, MB

Remembrance Day – November 11, 2024

Our branch made donations to the following Royal Canadian Legions in our branch area for the presentation of Wreaths at Remembrance Day Services.

Brandon	Branch #3
Erickson	Branch #143
Killarney	Branch #25
Dauphin	Branch #20
Minnedosa	Branch #138

Carberry	Branch #153
Neepawa	Branch #23
Boissevain	Branch #10
Souris	Branch #60
Virden	Branch #8

Thank you to all of the volunteers who presented the wreaths on behalf of NAFR and the Western Manitoba Branch.



Remembrance Day Service, Neepawa Legion #23



Remembrance Day Service, Carberry Legion #153

General membership meeting — January 21, 2025

Advocacy Update from Glenn Armstrong, Manitoba Advocacy Programs Officer:

Glenn delivered well-received remarks regarding the Federal Election. Manitoba has 14 Federal riding - MP positions. There are 2 in our Branch area: Brandon Souris and Riding Mountain, formally Dauphin-Swan River-Neepawa.

Glenn also discussed about our latest pension increase. At the end of each year, the Treasury Board Secretariat provides the National Association of Federal Retirees with information on the pension indexing increase that is effective Jan. 1 for federal public sector pensions. The pension indexation rate effective Jan. 1, 2025, is 2.7 per cent. Federal Retirees was instrumental in establishing pension indexation back in 1970.

Riverbank Discovery Center, Brandon. Dean Hammond, Executive Director, gave an overview of the expansions to the Centre and new upcoming events such as Seniors Day on August 9, 2025. The Centre has acquired a mobility scooter so that people with mobility issues can enjoy the trails and also a “cycling without age” specially fitted bicycle that can accommodate mobility restricted persons and allow them to enjoy the out-of-doors at the Centre. To learn more about the facility and grounds, visit the website; it has a lot to offer. www.riverbank.mb.ca
545 Conservation Dr, Brandon MB R7A 7L8 Telephone: (204) 729-2141

Guest Speaker: Patrick Imbeau, Advocacy & Policy Officer, NAFR Ottawa National Office,

Patrick keeps an eye on the pension and retirement security landscape and helps write NAFR policy recommendations and briefs to governments. Patrick also answers members' questions on the more complex issues they may have regarding pension plans - both our members' workplace pension plans and their interaction with the Canadian Pension Plan and Old Age Security. Patrick gave an overview of the history of CPP and the Active Management Strategy of diversity of assets that CPP is invested in by CPPIB. It is independently governed and has \$632.3B in assets. Patrick also spoke on Alberta's proposal to create their own pension plan. He concluded his presentation by assuring the group that Canada's CPP is one of the best anywhere in the world.

Larry Maguire: MP Brandon – Souris Larry and his assistant Cheryl Porter (a new member to our Western Manitoba Branch) attended the meeting and gave greetings. Many of the attendees were people Larry knew, particularly retired RCMP officers. He reiterated what Glenn had said about the election and the importance of our pensions endorsing Patrick's opinions. We were grateful that Larry could attend the meeting despite his busy schedule.

Unfortunately, Larry resigned from his position as MP. We shall miss him. In addition to completely representing and supporting his riding, he always expressed interest in the issues and viewpoints of his constituents.



Larry Maguire with members of the Board. Jan 21, 2025.

2025 Western Manitoba Board of Directors

President	Wendy Jarvin
Vice-president	Brett Turner
Treasurer	Rae McBurney
Secretary	Kathie King
Director-at-large	Brad Kelso
Director-at-large	Jane Brunet
Director-at-large	Val Zoerb
Director-at-large	Jim Doppler
Friends of the board:	Terry Gunnlaugson and Garnet Shearer

Email addresses continue to be the best mechanism to send timely news, invitations and reminders to members, so, please ensure yours is up to date. Please contact the branch email westernmanitoba@federalretirees.ca. if you are not receiving recent emails. Or through our national office: Phone: 1-855-304-4700 Email: service@federalretirees.ca