



BRANCH REPORT

MB30 | WESTERN MANITOBA BRANCH

President's message

I sincerely hope that this newsletter finds you all healthy and happy. We have zipped through summer and are now starting the fall season, a busy time at the branch as we prepare for Veteran's Week and Remembrance Day Services, Holiday Greetings, budget planning along with a provincial election! We are planning to hold a town hall in September with local candidates and a 60th Anniversary celebration dinner for members in October.

I encourage you to speak to other retired federal employees about joining this organization. There is much more to the Association than travel insurance. You can recruit anyone who is currently paying into or receiving a pension from Canada's public service, the RCMP or the Canadian Armed Forces; federally appointed judges, honourably discharged non-pensioned veterans; and anyone receiving a survivor benefit from the pensions mentioned above is also eligible for membership. Today's monthly rate for a single membership is \$4.38 and for a double \$5.69 per month. It's a very good deal!

Branch Highlights

Annual General Meeting (AGM)

Our branch's in-person Annual General Meeting (AGM) was held April 18, 2023, at the Riverbank Discovery Center in Brandon. What an excellent facility and we hope to use it again! We had great turnout and it may have been a little crowded. I thank the members who were available to attend our AGM and the show of support and confidence in the current branch executive. We are striving to make this branch informative and enjoyable for you. Your continued participation and ideas will help us achieve this. The overall feedback regarding this event was quite positive. We certainly are looking forward for the next in-person meeting. The minutes and financial statements from the AGM are posted on our branch website.

<https://www.federalretirees.ca/en/branches/manitoba/western-manitoba-branch>



Refer a member to Federal Retirees
for a chance to win terrific prizes.

Fill out a ballot at [federalretirees.ca/mrd](https://www.federalretirees.ca/mrd)
for a chance to win.



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Our new Board of Directors acclaimed at the AGM:

2023 - 2024 Western Manitoba Board of Directors

TITLE	TERM	EXPIRY	NAMES
President	2 Years	2025	Wendy Jarvin
Vice-President	2 Years	2025	Brett Turner
Secretary	2 Years	2024	Kathie King
Treasurer	2 Years	2025	Rae McBurney
Director-at-large	2 Years	2024	Garnet Shearer
Director-at-large	2 Years	2025	Brad Kelso
Director-at-large	2 Years	2024	Terry Gunnlaugson
Director-at-large	2 Years	2024	Jane Brunet
Director-at-large	2 Years	2025	James Cockburn
Director-at-large	2 Years	2025	Vacant

Preferred Partner Highlight - Johnson Insurance

The guest speaker (via Zoom) at our AGM in April was Lynn Nasralla lynn.nasralla@johnson.ca from Johnson Insurance. Lynn provided valuable information on MEDOC's travel insurance for policyholders. She has provided her email to answer any questions you may have. Please identify yourself as a Federal Retiree member from the Western Manitoba Branch if you reach out to Lynn. I also heard from members that the home insurance available from Johnson Insurance is very competitive. A member sought out 4 quotes from insurance companies and Johnson was the lowest and the best for his needs. He saved money. From the satisfactory stories we hear regarding the MEDOC travel insurance; I am confident that the home insurance division would be top notch too. Check them out and obtain a quote. They offer:

- Special rates
- 24/7 claims support and personalized service
- 5% discount on home insurance through Johnson* when you also have a MEDOC® Travel Insurance policy.
- Home Platinum Benefits – \$10,000 jewellery and furs coverage, first claim forgiveness, and much more

To find out more about Home and Auto Insurance, call toll-free at 1-855-516-5606.

<http://johnson.federalretirees.ca/>

Manitoba Election

Make plans to vote:

" We do not have government by the majority. We have government by the majority who participate."
Thomas Jefferson

The upcoming provincial election in Manitoba gives us the chance to highlight issues important to our members. We not only advocate on behalf of federal retirees, but all seniors. Our advocacy team is identifying the candidates, preparing correspondence covering key issues for our members, planning outreach to members via town halls and social media, and recruiting volunteers to assist.

The election is scheduled to be held on Oct. 3, 2023. We hope to plan a town hall in mid-September to hear candidates speak on our priorities. Please review the events on our website and watch for branch emails with details on this planned activity.

Province of Manitoba News

Provincial Stats: There are 229,050 Manitobans aged 65 or older living in the province, representing 17.1 per cent of the total population. Of that group, 29,255 are aged 85 or older. The proportion of women outnumbers the population as age increases.

Manitobans over age 65 use the internet for a variety of activities, including research (85 per cent), to check the weather (76 per cent), way finding and directions (67 per cent), news (67 per cent), banking (58 per cent), and entertainment.

The Provincial Senior Strategy: announced by the Manitoba Government in February 2023. In January 2022, the Government of Manitoba announced the creation of the department of Seniors and Long-Term Care. A key focus of this new department is to lead the development and implementation of a provincial senior's strategy. Scott Johnston (MLA for Assiniboia) came into cabinet January 2022 to lead the new Department of Seniors and Long-term Care. Minister Johnson and his staff made the necessary steps studying demographics; developing a survey and marketing that survey to all residents in our province; analyzing the survey results and putting together an action plan to follow.

The new senior's strategy focuses on ways that people can be healthy and active, helping individuals achieve their goals and ambitions. We encourage you to download the strategy. The entire strategy is available here for those who want more information,
https://www.gov.mb.ca/asset_library/en/seniors/seniors_strategy_2023.pdf

Some of the plans outlined in the Manitoba Strategy reflect similar goals of our Association's priorities. For instance, the province of Manitoba has highlighted the need for long term care standards and ageism in their strategy.

The Association recently partnered with the Canadian Coalition Against Ageism. Our association is campaigning to increase awareness about ageism and eliminate it. Have a look at a recent op-ed in the Ottawa Citizen, <https://ottawacitizen.com/opinion/pizzino-canadian-government-must-make-curbing-ageism-a-priority> by our CEO Anthony Pizzino to learn more about the Association's perspectives on age discrimination.

Western Manitoba Branch Celebration - 60th Anniversary for the Association and Recruitment Supper Event

60 Years - The Federal Superannuates National Association (FSNA) was established in 1963 to address the need for changes in pensions, including the fact that no indexation of superannuation benefits existed at the time. Renamed the National Association of Federal Retirees (NAFR) in 2014, the Association is the largest national advocacy organization speaking up for improvements to the financial security, health and well-being of our members and all Canadians.

We are making plans to have an anniversary party in October. Currently this event is scheduled to occur on **Thursday, Oct. 26, 2023**. We will be providing more information on this celebration later this fall as details are finalized. There will be an attendance cost to members and non-members. We are hoping to have dinner, entertainment, and lots of draw prizes. We want to recognize those members who are long term and former volunteers and directors. Please ensure that we have your email, so you can receive the invitation and details. Send us an email with "Confirm Email Address" in the subject and we will reply with a confirmation.

Our branch email is westernmanitoba@federalretirees.ca



Wendy Jarvin, President

We invite you to visit [Federal Retirees on Facebook](#) to view the latest news and activities of our Association. And while you are there, check out our own Facebook page at <https://www.facebook.com/FederalRetireesWesternManitoba> . Be sure to "Follow" the Facebook pages to get regular updates.

A Smile and Musings

I just signed up for a 12 month membership at a gym.
My bank called wondering if my credit card got stolen.

"It is often the small steps, not the giant leaps, that bring about the most lasting change."

Queen Elizabeth II

"Autumn is the season to find contentment at home by paying attention to what we already have."

Unknown

The 3 Stages of Life ---- Wanting stuff. Accumulating stuff. Getting rid of stuff

A Senior's Realization