

PRESIDENT'S MESSAGE – Pat Jarrett

Spring seemed to be eluding us in spite of the fact that the winter was much milder than previous years. I hope that by the time you receive this newsletter that all thoughts of winter will be behind you and that you are looking forward to enjoying our Manitoba summer! Here is a summary of the recent events and meetings in our region:

Annual General Meeting (AGM)

Our AGM was held on April 12th and we had 190 members attend. This was a record attendance and I was thrilled to see such a good turnout! Members are reminded that for future meetings that parking is also available at the far end of the YMCA parking lot, access via Bedson St. and parking on Bedson St. is also a choice.

At the AGM the audited review of our financial accounts were approved. The appointment of the Osborne Accounting Group for 2016 was approved. The motion to reduce our Defence of Benefits Reserve fund to \$70,000 and the reduction amount of \$30,000 be remitted to the National Office Defence of Benefits Reserve Fund was also approved.

Elections for Board of Directors

The election was held and the following is a list of your 2016-17 Board of Directors with their term ending dates: Pat Jarrett, President (term ending April 2017); Cynthia Foreman, 1st Vice President (term ending April 2017); Ceci O'Flaherty, 2nd Vice President (term ending April 2018); Lynne Belding, Secretary (term ending April 2017); Barb Smith-Molloy, Health Benefits Officer (term ending April 2017); Pam Proctor, Treasurer (Term ending April 2017); Directors: Dorothy Watermulder (term ending 2018); Lucy Cummings (*Term ending April 2017 completing the term of retired Jim MacGill); Jim Jarrett (Term ending April 2018); Gerry Jennings (Term ending April 2018); Lucille Mahon (Term ending April 2018); Nicky Compton (Term ending April 2017); Lil Atamanchuk (Term ending April 2017); Louise Jutras (Term ending April 2018). A board I am proud to be part of!

I have been advised by our Secretary, Lynne Belding that she will not be seeking re-election next year but in order to make a transition easier, she is prepared to provide mentoring to a member willing to take on that role. I am happy to report that a member, Paula Nygaard, has come forward and has agreed to be mentored. In addition, Barb Smith-Molloy, our Health Benefits Officer would also welcome someone willing to be mentored in her position. If you are interested in knowing more about this opportunity to contribute and learn, I would encourage you to talk to Barb who can explain her role.

National Risk Management Committee

As a member on the national Risk Management Committee I recently attended a webinar where I had input to the Enterprise Risk Management Plan that was submitted to the national board of directors for consideration.

Branch and Communications Conference

I participated on a Branch and Communications Conference call in March. The call was hosted by the new Director of Communications and Marketing, Nathalie Trepanier. On the call we talked about how branches communicate with our members - email, websites, Sage, announcements, reports and some branches make use of Facebook and find that it is widely used. This is something we may want to consider for our branch. It was noted that Sage is the only vehicle that reaches all members. The ongoing challenge is in identifying whether members are reading and following up on what is sent to them.

Regional Website transition with the National

On the conference call we also talked about the national website which we all agreed is a big improvement over the previous one. There is still some tweaking to be done but generally we agreed with the format. Our branch is still using our own website and have not yet transitioned to the new look. I am pleased to report that Louise Juras, has agreed to work with John Charrette for the website transition and you should be seeing changes over the next few months. We will keep you updated on our progress.

SAGE Magazine

There was some animated discussion about the SAGE magazine by the presidents. While we agreed that it is the only vehicle to reach the members in entirety, views as to the effectiveness of sharing branch news via this publication varied widely. Our biggest concern is the deadlines for getting information into SAGE is difficult to meet and not entirely conducive to informing our members of upcoming events in a timely way. The problem is that print editions require significant preparation time and have very stringent processes given all the variables to ensure they get to the printer on time. There is no other option.

All in all, this was a valuable means of sharing our concerns and suggestions which Nathalie committed to following up with specific actions.

Branch Newsletter

In terms of our local newsletter, I do have some concerns as to how much interest our members have in receiving regular updates of branch activities. Our Winter newsletter was emailed to 2664 members in early February but only 1739 members opened the email and of those only 843 clicked on the link to the newsletter. Based on this information that was extracted from our management system, 1821 members did not read the newsletter. If you do not wish to receive the newsletter by email, you simply need to "unsubscribe. It makes me wonder how many of the newsletters sent out through Canada Post are unread and wind up in the recycle bin? To mail our newsletters is costly. If you don't wish to receive it, please call our office number to remove your name from the mailing list.

Proposed Strategic Plan for 2017-19

I attended another webcast in late April where comments on the proposed 2017-19 Strategic Plan were encouraged. A proposal will be brought forward at the Annual Members Meeting (AMM) to support this plan.

Plans are underway to attend the AMM in Ottawa in June. I will not be attending this year but Cynthia Foreman will be your delegate and attending as my proxy. It has been a tradition within this Branch to sponsor up to three board members to attend this event as it is seen as a positive learning experience. We will be doing that again this year.

Orientation Session for New Board Members

In early May I led an orientation session for new board members. In addition, we spent some time reviewing our approved budget forecast with a view to developing our operational plan for 2016-17. Based on our plan it was important for board members to decide what areas of responsibilities they were willing to accept in order to achieve our branch objectives.

Possibly More Discounts on their way

In addition to the activities planned for our members (as noted in the Suggestion Committee Feedback Report) your board is exploring the feasibility of entering into Memoranda of Understanding with local businesses whereby our members could be eligible for discounts. Gerry Jennings and Nicky Compton are taking the lead on this project and at some point would appreciate having interested members be part of a committee. Stay tuned as we get more information.

Pre-Retirement Seminar

We will be participating in an upcoming Pre- retirement Seminar in May at CFB Winnipeg. Participants at this event come from a variety of departments and it has proven to be an excellent opportunity to tell our story.

Prairie District Meeting

I attended the Prairie District Meeting in Saskatoon May 9 and 10th. Cynthia Foreman, 1st Vice President accompanied me. This is an opportunity for all the Presidents in the Prairie District to get together in advance of the AMM in Ottawa.

Closing Message

A special thank you to Gerrit Westerhof who left the board at the end of his term. He has been a great contributor to our board of directors and will continue to help in a volunteer capacity. Your board will continue to review ways that we can improve service to our members and I would encourage you to offer suggestions that will help us in our efforts. On behalf of the board I wish you continued good health and that your summer is filled with good times with family and friends. Enjoy!



Gerrit Westerhof & Pat Jarrett



Joe Sanderson, Prairie District Director,
seated Pam Proctor, Lynne Belding and Cynthia Foreman



Joe Sanderson, administering Oath of Office to newly elected executive from left: Jim Jarrett, Gerry Jennings, Louise Jutras, Lucy Cummings, Lucille Mahon, Dorothy Watermulder and Ceci O'Flaherty

HEALTH BENEFITS OFFICER REPORT - Barb Smith-Molloy

I have received several inquiries over the past few months and I would encourage you to contact me if you have any questions regarding your health benefits. If I don't have the answer, I will find out where to get it. Please contact me at: **E-Mail: bmolloy@mymts.net or Ph: 204-255-1959**

Medoc Travel Insurance Eligibility Question and Answer

Question: *What is the period of time from when one applies to become a member of National Association of Federal Retirees and when they can apply for MEDOC travel insurance and when the insurance becomes effective.*

Answer: *Like with any insurance company, a policy subscriber is covered as soon as their application is processed. Indeed, we've had members join the association and get MEDOC set up for their trip within a couple of days. Also, if there was such a restriction, Johnson Insurance would be legally required to inform members about it when they sign the policy. So, unless there are any specific conditions that need to be met (medical or otherwise) for a particular individual before they can complete their insurance application, they are covered and can travel as soon as their MEDOC application is processed.*

Information provided by: **Patrick Bennard**, Membership Data Specialist, NAFR, Ottawa

Update on Oral and Injectable Vitamins and Minerals

Under the PSHCP, vitamins and minerals administered orally or by injection only qualify for reimbursement when they meet the Drug Benefit's eligibility criteria. Such products must:

1. Be prescribed by a physician for the treatment of a chronic disease;
2. Have a use proven to have therapeutic value; and,
3. Have no other alternatives available.

When submitting claims, please ensure that your physician's prescription provides sufficient information for Sun Life to determine the eligibility of the vitamin(s) or mineral(s) claimed.

Note: Any fee that a physician may charge to provide supporting medical information is at the member's expense.

Sodium

Canadians consume double the recommended amount of sodium, causing upwards of 10,000 premature deaths annually in Canada and heavy use of anti-hypertensive drugs. Health Canada, the World Health Organization, the Ministry of Health and Long-term Care, and Public Health Ontario urge people to reduce sodium to reduce blood pressure and the risk of heart disease and stroke.

University of Toronto researchers found that sodium levels in main entrees at 65 fast food and sit-down chains are "alarmingly high" (1,011 mg and 1,455 mg, respectively). Posting sodium numbers on menus could reduce intake by a whopping 681-1,360 mg per meal.

Large amounts of salt can be added to food by restaurants without consumers' knowledge. Sodium levels are predicted to rise if chains trim sugar and fat to ratchet down calorie levels.

For example:

- McDonald's Third Pounder Angus Bacon & Cheese Sandwich has nearly triple the amount of sodium (1,920 mg) as the Quarter Pounder Without Cheese (670 mg)
- Tim Hortons' Biscuit, Sausage, Egg, Cheese Breakfast Sandwich has nearly double the sodium (1,130 mg) of the English Muffin with Egg and > Cheese (610 mg).

Information provided by the Centre for Science in the Public Interest (CSPI), Ottawa, ON

New Preferred Partner:

We are pleased to welcome GoodLife Fitness/Énergie Cardio to the Association's family of Preferred Partners. Members can join for an excellent annual rate of \$449 (plus taxes) per member if paid up front or a bi-weekly

payment of \$21.12 (plus taxes). These rates are up to half the cost of a regular GoodLife Fitness/Énergie Cardio membership.

Up to four eligible family members can also enrol and existing GoodLife Fitness/Énergie Cardio members can switch to the corporate Association rate. Registration must take place online at

<https://corporate.goodlifefitness.com>, using an Association membership number. A list of [FAQs](#) outlines everything you need to know about the GoodLife Fitness/Énergie Cardio corporate package, and will be posted on federalretirees.ca, along with enrolment information.

CARING COMMITTEE REPORT - Lucille Mahon

On behalf of the Winnipeg & District Branch, we extend our condolences to family and friends who have lost a loved one. We endeavour to express our sympathy to the family on the loss of a member in a timely manner but can only do so when advised by a family member or friend and where to direct our message. In addition, we would like to acknowledge those members who are unwell. We wish you a complete and restful recovery.

MEMBERSHIP REPORT - Gerrit Westerhof and Dorothy Watermulder

As of March 28, 2016 we have 6270 active memberships in our Branch.

Total Double Memberships - 2000 (4000 Active Members)

Total Single Memberships - 2271

Direct Deduction Service (DDS) - 3445

Non DDS - 826 (Paid Memberships - 636)

Non DDS - Unpaid 190 (Of these, 54 have been identified as Active Unpaid and their Memberships are to be cancelled according to National Office. All Active Non DDS Members were sent reminders from National Office, either by email or hard copy.

We have 3024 households with e-mail addresses 11 with no telephone numbers. This is an increase of 95 new e-mails. There are 1159 households without e-mail addresses (a decrease of 28) with 148 with missing telephone numbers. There are also 54 truly lost households and 33 who have returned or do not want our newsletter but receive the Sage magazine. If the magazine is returned to national office, their status is changed to "lost member".

ADDRESS UNKNOWN

This list is published in an attempt to locate members for whom we do not have a valid mailing, email or telephone number. If you know anyone listed below, please have them contact; Winnipeg & District Branch, 526-3336 Portage Ave., Winnipeg, MB R3K 2H9. Phone (204)989-2061 or email nafwrpg@mymts.net

J Allard	Joyce A Adkin	Edward Ballantyne	Barbara Barclay	L Beaudion
Wendy Bovard	K Cameron	Tario Cecile	Lillian Colpitts	Betty Cook
C Curtis	Lillian Davis	R Demers	K Dodds	R Eckersley
G England	William Evenson	Vivian Flewin	L Fontaine	Marcie A Foster
Howard Gate	Raymond Gauthier	G Gillespie	Lisa Hamilton	Michajlina Hayden
Benjamin Hein	Shirley Hiebert	William Hucaluk	C Hudson	Ingrid Johanson
S Johanson	David Johnson	Marie-Paule Jubinville	Pete Klubi	Delores Kohler
SC Kreitz	J Lacroix	Gladys Leblanc	A Giles Letendre	Diane Linnen
Hugh Lloyd	H Luellman	G Lyons	J Mahon	George Martin
Stan Martin	Dorothy McAlpine	Sheila McDonald	Elaine McLean	Leo Menard

Clifford Morris	R Muyres	Earl Nelson	K Orpin	Meryle Pankewich
Claudette Papineau	Mary Phillips	Rick J Philips	Arthur Poitras	F George Pursey
I Racz	Harold Ramdahin	Dennis Richard	Della Schmidt	P Schnell
Betty Seccombe	Craig Skimming	Joseph Skowronski	Roberta Smith	Andrew Spence
Muriel Stevens	Rita Stevenson	Donna Sullivan	Helen Tapping	Harry Tiessen
Muriel Tingley	S Vance	S Whelan	H Will	Paul G Wolf



The "You and Your Survivor Workbook" can be accessed by members by logging into your account on the national website www.federalretirees.ca and clicking on "My Documents". You can print the whole workbook or only those pages that you require.

SUGGESTION COMMITTEE FEEDBACK REPORT - Nicky Compton

Our Feedback Committee has been actively working on your behalf delivering your suggestions. Just as a refresher, we are pleased to have provided three of your suggestions back in November 2015. (ERIK) Driver Safety, and Wellness and Yoga. All three were well attended.

We are currently working on our 17 May activities. Alzheimer's Manitoba will be offering a presentation on Alzheimer's/Dementia in the morning. and we have been fortunate to engage a local theatre company who will present a fifteen minute play entitled "Is It Wednesday?". The play lends itself to the previous topic and is very thought provoking. This will conclude the morning activities.

Fehr-Way Tours will be in after lunch and provide us with information on their one day out of the city tours. It promises to be a great day so hope to see many of you in attendance at the Eastern Star Chalet at 525 Cathcart. Prior registration is required by contacting our Branch office.

A tour of the English Gardens in Assiniboine Park was one of your suggestions and some preliminary work has been done. Unfortunately this does not appear to be a viable option for us. They are only able to provide tours for eight people at a time and there is a cost of \$16.00 per person. Although this is not something we can afford to pay for nor can we organize for large numbers, we do invite you to check it out with your friends, it sounds like an enjoyable outing.

Carpet Bowling is a suggestion that was submitted. We have located a venue at the Weston Community Club, 1625 Logan Avenue. Contact name is Ryan Dufreane and he can be located at 204-918-0535. Our membership can use this facility during the day at no cost, however if you choose to go in the evening there is a cost of \$20.00 per hour. Enjoy this opportunity.

At our General Meeting on 20 September we are planning on having a presentation on Senior's Safety.

28 September has been confirmed as the date we will have the Canadian **Snowbird** representative in to deliver a presentation on living outside Canada/border crossing rules and additional information that will be useful for those among us who take holidays to the United States. We will again provide a simple lunch and follow with an afternoon presentation on fire safety by the Public Education Co-ordinator .As you can see, we

have been very busy as a Committee and look forward to making many of your suggestions a reality. Please come out and enjoy as many of these activities and learning opportunities as you can.

GOLF TOURNAMENT - Jim Jarrett

With summer right around the corner I am happy to report that our Branch is once again planning the 16th annual fun golf tournament. I have confirmed the date with Scotswoods Links in Elm Creek for Tuesday, August 9th, 2016. I am also able to confirm that the price is \$60 per golfer which includes golf, shared cart, BBQ steak. There will be some prizes. The format for this year's tournament will be the same as last year, best ball with a shotgun start at 10:00 a.m. Players who wish to be paired together must clearly identify their preference and all players need to provide as much information as possible so that we can contact you should the need arise. Please include this information with your **cheque post dated August 1st, 2016.**

Cheques are to be made out to NAFR, Winnipeg & District Branch and **must** be mailed to **Golf Tournament**, 526-3336 Portage Ave., Winnipeg, MB R3K 2H9 by August 1st. Due to the increased popularity of this tournament, we have to limit the number of golfers to 108 so it is important that if you wish to play, you need to register soon.

OUT OF THE MOUTHS OF BABES...

Melanie (age 5) asked her Granny how old she was. Granny replied she was so old she didn't remember any more. Melanie said, 'If you don't remember you must look in the back of your panties. Mine say five to six.'

Tammy (age 4) was with her mother when they met an elderly, rather wrinkled woman her Mom knew. Tammy looked at her for a while and then asked, 'Why doesn't your skin fit your face?'

2016 SCHEDULE OF MEETINGS:

Board of Directors: September 8; November 3, 2016

General Meetings*: September 20; November 15, 2016 (held at ANAF Branch 283, 3584 Portage Ave)

*must contact office by email - nafwpg@mymts.net or phone (204)989-2061 to confirm attendance.

Outreach in Gimli: October 4, 2016

"When you come to the end of your rope, tie a knot and hold on." Franklin Roosevelt

