



FEDERAL SUPERANNUATES NATIONAL ASSOCIATION

North Vancouver Island Branch

Mailing Address: FSNA North Vancouver Island Branch

P.O. Box 1420, Comox BC V9N 7Z9

President: Ian Sibbald, 2914 Suffield Rd., Courtenay BC V9N 3V6, 334-4451

Email: sibluc@shaw.ca

Editor: Kevin Weighill, 2173 Varsity Dr., Campbell River BC V9H 1V2, 926 6032

Email: kpweigh@telus.net

Editorial Assistant: Bernie Guyader



Representing retired employees and spouses from the Public Service of Canada, the Canadian Forces and the Royal Canadian Mounted Police



From the Editor's Desk

From the Editor's Desk – December 2007 Edition

Welcome to the last edition of the newsletter under my editorship. I hope you have enjoyed these editions. I have tried to provide interesting and useful articles as well as a few chuckles, some tips and recipes.

This edition is no different. There is an article relative to mushrooms and their effect on prostate cancer and tips on getting a good night's sleep that I think you will find interesting.

The shop tip is for a handy cord cleat. Be sure to read the article from John Finn our Health & Benefits Officer about comparing cost of trip cancellation and medical insurance.

There is a message from the Treasurer, Tom Dandeno concerning the increase in our membership fees and another from the Telephone Director about the December General Meeting (Christmas Meeting).

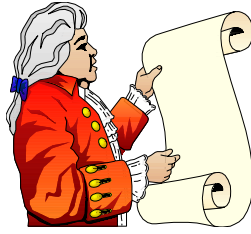
CONTENTS	
Editorial.....	1
President's Corner.....	2
Membership.....	3
Cancellation Insurance.....	4&5
Jokes.....	5
Good Night Sleep.....	6
Hello Phoners.....	7
Shop Tips	7
AGM Luncheon	7
Prostrate Cancer & mushrooms.	8

MEETING DATES

- 12 Dec. 2007
- 12 Mar. 2008
- 11 June 2008
- 17 Sept. 2008
- 10 Dec. 2008

I would like to thank Bernie Guyader for his great work setting up the newsletter and Steve Bunyan and Ron Mitchell for getting the newsletter from the printers to the mail and Steve for sending out the newsletter via e-mail to those who asked for it and his great work on the web-site.

I will take this last opportunity to wish you all a very merry Christmas and all the best in the New Year.



Ian Sibbald

PRESIDENT'S CORNER

When you receive this Newsletter, we will be within a week or two of a very important General Meeting. There will be elections/re-elections of many members of your Executive and, while we have a number of fine candidates as well as members standing for re-election, we still need members willing to serve. If you are able and interested, please contact Cecile Turnbull @ 338-1857 or Steve Bunyan @ 897-1181.

This is my final column as President of our Branch. As I leave, I want to publicly thank everyone (particularly the hard working members of my long suffering Executive) for their support during my four years as your President. It's been a slice!

I wish you all a very Merry Christmas and a Happy New Year and hope to see many of you at the 12 December Luncheon and Meeting.

Our Branch Web Site:
<http://www.fsna-nvi.com>

MEMBERSHIP UP-DATE

Do we have the correct information on you as a member?

It is important to us and to you that our records are up to date. If the label on this newsletter has your INITIALS instead of your given name, we may not have all the information we need to ensure that you get all the updates from your branch or National Office. Please fill in the following and send it to us (address on Page 1).

Surname Given names:.....

Mailing address:

City/town Postal Code Phone

Pension is from: CF PS RCMP Other I receive a survivor's benefit Yes..... No

It is important to let the branch know of any changes in the above information

FSNA NORTH ISLAND EXECUTIVE

President	Ian Sibbald	334-4451	sibluc@shaw.ca
Vice-President	William McSeveney	(250) 923-6806	mc7ey@telus.net
Past President	Bernard Poole	339-5349	berniepoole@shaw.ca
Secretary	Dorothy Lind	339-6065	brydor@shaw.ca
Treas. & Membership	Tom Dandeno	339-3849	sinbad29@shaw.ca
A/M' ship.& Web Master	Steve Bunyan	897-1181	sgbunyan@shaw.ca
Newsletter Editor	Kevin Weighill	(250) 926-6032	kpweigh@telus.net
Editorial Assistant	Bernie Guyader	338-5267	gloc@shaw.ca
Welfare	Halle MacMullen	897-3893	hmacmullen@shaw.ca
Telephone	Cecile Turnbull	338-1857	bc.turnbull@shaw.ca
Programs	Barbara Schneider	703-2504	
Historian	Frank Elvins	339-4626	
Media	John Davis	339-4229	johnldav@shaw.ca
Health & Benefits	John Finn	338-7419	johnfinnandassociates@yahoo.ca
Assistant Benefits Officer	Doug Runchey	335-2296	dogger1953@yahoo.com
Director	Audrey Clarke	334-3416	turtleneck@shaw.ca
Director	Mary Kamann	334-4651	

December Luncheon News

Please remember: Ticket sales for the Christmas Luncheon is going well. The ticket costs are **\$15.00 per person and must be purchased in advance. NO TICKETS WILL BE SOLD AT THE DOOR.** You can contact Barb Schneider at 250-703-2504 or Cecile Turnbull at 250-338-185 to get your tickets if you have not already done so.

We will be having many draws at the December Luncheon, including a **Door Prize**, the **50/50**, and **50+ gift draws** from Santa. As it is always nicer to give than to receive, especially at Christmas time, a special **Food Bank draw** will be held. We are requesting that each couple brings one item for food bank and if you do, you will receive one free ticket for a Special Draw. The **\$250.00 e-mail draw** will also take place at the Christmas Meeting.

So, please if you have not bought your Christmas Tickets please do so as soon as possible, as we can accommodate no more than 300 members.

Hope to see you at the December Luncheon Meeting.

Barb Schneider
Programs

Changes to Membership Fees

The triennial convention held last August raised FSNA membership fees for the first time in a dozen years. The new rates are \$34.20 single, \$44.40 double and \$15.00 for Associates. If you pay by deduction from your pension cheque, no action is required - National Office will make the required adjustments. If you pay by cheque ensure that your renewal is for the appropriate amount as listed above and send it/give it to the Treasurer. Renewal membership cards are sent to the branch who handles the renewals.

You will appreciate that these new rates will require the Treasurer to have a fair amount of change on hand and the need to make change will slow down payments at the December meeting. We can speed up the procedure by paying by cheque. Simply ensure that your name and address are on the cheque and pass the cheque to the Treasurer. Your new card and receipt will be mailed to you. If you must pay in cash, it would be appreciated if you would place the appropriate fees in an envelope, write your name and address on the envelope and pass it to the Treasurer who will mail you your receipt and new card (s).

For those of you who revel in statistics, the increase is 35 cents a month. Add it all up and the increase is a little more than the price of one of those fancy coffees that seem to be a compulsory item of dress these days.

Members who pay by cash retain the option of switching to pension deduction. Contact the Treasurer for the necessary forms.

If, heaven forbid, you do not intend to renew for 2008, please let the Treasurer know so he can stop bugging you.

A Reminder, if you agree to attend a General Meeting Luncheon and subsequently change your mind. You **must** inform Barbara Schneider (250) 703-2504.
If you don't**you will be billed for the cost of the meal !!!**

TRAVEL HEALTH and TRIP CANCELLATION INSURANCE

It is that time of year when all “SNOW BIRD’S” eyes turn south. Let’s admit it, notwithstanding that we live in paradise here on Vancouver Island, the constant rain during the fall and winter can become quite depressing.

Once we have made a decision of where we want to go, the next question should be – Do we have adequate health care insurance if a member of the family becomes ill or has an accident while outside British Columbia? If you are a member of the Public Service Health Care Plan (most FSNA members are) then you are covered up to \$500,000 (Canadian) in eligible medical expenses incurred as a result of an emergency while traveling on vacation or on business.

Eligible expenses mean the reasonable and customary charges in excess of the amount payable by a provincial/territorial health insurance plan, if they are required for emergency treatment of an injury or disease which occurs within 40 days from the date of departure from the province/territory of residence. Eligible expenses include charges for hospital accommodation, services of a physician, one way trip home, medical evacuation, if required, and family assistance benefits up to \$2,500.

Although a half a million dollars of coverage may seem adequate that is a personal decision you and your family must make based on your health profile and risk comfort factor. A key consideration is that the **coverage only extends for 40 days**, so if you are planning on staying out of province longer at any given time you will need additional coverage.

There are many different travel insurance plans available from banks, travel companies, automobile associations and, of course, the FSNA sponsored MEDOC insurance. Having compared the premium rates at various age groups and health profiles it would appear that the FSNA sponsored MEDOC plan is very competitive. However, as everyone is different with differing health profiles, I would urge you to do your own comparative shopping before joining any plan.

MEDOC TRAVEL HEALTH INSURANCE PLAN

MEDOC is a comprehensive travel health insurance plan that provides up to \$5,000,000 for emergency medical treatment while traveling outside your province of residence or outside of Canada. MEDOC supplements and coordinates insurance coverage with both the Public Service Health Care Plan (PSHCP) and your provincial government health insurance plan. With MEDOC, you can extend coverage for a trip of up to 182 days outside of BC.

The current FSNA MEDOC consists of two plans.

The **Annual Base Plan** provides members with medical and trip cancellation, interruption & delay insurance, baggage & personal effects insurance and flight accident and accidental death & dismemberment insurance for any number of trips of up to 40 days in length with no restrictions for pre-existing conditions – all for one inclusive rate.

The **Supplemental Trip Plan** extends base plan coverage for one trip of up to 182 days in length while continuing to cover an unlimited number of trips of up to 40 days and it has **three health rate options**.

Individuals whose health allows them to qualify for **Optimum Health Option** or **Preferred Health Option** rates have no pre-existing medical condition limitations. In order to qualify for the Optimum Health Option or Preferred Health Option, a short, simple, straight forward medical questionnaire has to be completed.

Those qualifying for **Standard Health Option** rates may pay higher premiums than Optimum Health Option or Preferred Health Option policyholders and are subject to a 90-day Medical Stability Clause. MEDOC's 90-day stability period for pre-existing medical conditions remains among the least restrictive in the industry.

Trip Cancellation

The Plan also offers the benefit of up to \$12,000 per insured of trip cancellation, interruption & delay insurance. In addition, coverage includes up to \$1,500 per insured for baggage & personal effects (maximum of \$3,000 per family) and up to \$100,000 per insured for flight accident and accidental death & dismemberment benefits. Purchased through a travel agent, trip cancellation coverage alone could cost more than MEDOC Base Plan coverage for an entire year!

The MEDOC Plan does not discriminate based on age or medical status. Its Annual Base Plan for multiple trips not exceeding 40 days is unique in providing coverage to all members, regardless of pre-existing medical conditions. To join you can go to http://www.johnson.ca/medoc_b/ or call 1-866-799-0000.

John Finn
Health Benefits Officer

**An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."
The other man said, "What is the name of the restaurant?"
The first man thought and thought and finally said, "What is the name of that flower you give to someone you love?
You know... The one that's red and has thorns."
"Do you mean a rose?"
"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"**

**Three old guys are out walking.
First one says, "Windy, isn't it?"
Second one says, "No, it's Thursday!"
Third one says, "So am I. Let's go get a beer."**

Tips on getting a good night's sleep

Do you wake up feeling refreshed, alert, and ready to meet the challenges of the day? If not, here are some tips to help you get there:

- Keep regular hours. Try to go to bed and wake up around the same time every day, including weekends.
- Develop a "sleep ritual." If you do the same things before you go to bed each night, it will train your body to get ready for sleep.
- Take some time to relax and unwind before you go to sleep. You may find that stretching, relaxation exercises, a hot shower or bath, meditation, or a glass of hot milk can help you to relax and prepare for sleep. Avoid activities that may be emotionally upsetting a few hours before you go to bed.
- Avoid caffeine and other stimulants (such as pseudoephedrine, an ingredient in many cough and cold medications) in the evening.
- If you are taking a diuretic (such as furosemide or hydrochlorothiazide), take it in the morning. Diuretics increase urination, and this may keep you up at night if you take them later in the day.
- Avoid drinking alcohol right before bedtime. Alcohol can interrupt sleep, leading to a poor quality of sleep.
- If you smoke, consider quitting. Smokers have more trouble falling asleep, and wake up more often during the night, than non-smokers.
- Make your bedroom "sleep-friendly." Your room should be kept cool (60-65°F or 16-18°C), dark, and quiet. If you are bothered by the noises around you, try using a pair of foam ear-plugs, a fan, or a white noise generator to block out the noise.
- Get a comfortable mattress. If you wake up feeling stiff and sore, or if you aren't sleeping as well as you were a year ago, it may be time for a new mattress. A good mattress should gently support all points of your body and give you enough room to move freely.
- Exercise regularly. This can help relieve stress and make it easier for you to sleep. Don't exercise too close to bedtime if you find this makes it harder for you to sleep.
- Don't feel guilty about going to bed – think of sleep as an investment in your health and productivity.
- Avoid watching TV or reading in bed. Your bed should be reserved for sleep and intimacy.
- If you are having trouble sleeping, get out of bed to read or watch TV. Return to bed when you start to feel tired. Try not to look at the clock.

If you try these tips and still find that you're having trouble sleeping, talk to your doctor. You may have a medical condition that is affecting your sleep. Also, check with your pharmacist to find out if the medications you are taking could be affecting your sleep.

TELEPHONE COMMITTEE AND FSNA MEMBERS

4TH 2007 FSNA GENERAL LUNCHEON MEETING

WILL BE HELD WEDNESDAY DECEMBER 12, 2007

AT THE BEST WESTERN HOTEL (WESTERLY)

11:00 AM – MEET AND GREET

12:00 PM - LUNCH SERVED

1:00 PM – BUSINESS MEETING

\$15.00 PER PERSON - ADVANCE TICKET SALES ONLY

All FSNA luncheon meetings are held at the Westerly Hotel, upstairs in the large conference room. The doors open at 11:00 a.m. for the Meet and Greet. Lunch is served at 12:00 noon, followed by the business meeting at 1:00 p.m. and is usually over by 2:15 p.m. The Christmas Luncheon will be a hot and cold “Chef’s Buffet”. The cost is \$15.00 in advance for this luncheon, which includes the buffet with dessert, tea, coffee, the room rental, gratuity and tax.

Elections will be held after the Luncheon, followed by our Christmas draws.

TELEPHONE COMMITTEE: PLEASE NOTE: THERE WILL BE NO PHONE CALLS TO MEMBERS FOR THIS MEETING.

Cecile Turnbull would like to thank the Telephone Committee for their time and effort telephoning the general membership with information about upcoming meetings over the past year. And at this time Cecile wishes the Telephoners and the Membership at large the Best of Season and Good Health in the New Year.

Cord Cleat



Whenever I would unplug my table saw, the loose cord left me hanging, so to speak. I didn’t want to leave it lying on the floor, in harms way, but I had no easy way to keep it contained. Eventually, I put a little idle shop time to good use and came up with the solution you see in the photo.

This cord cleat, bolted to the base of the saw, allows me to quickly store the cord out of the way but still within easy reach. The cleat has two wings extending from the sides to hold the cord and a slotted hole in the center for the plug. You loop the cord around the wings of the cleat, drop the plug into the notch for safekeeping and move on to more important things. It works so well that my planer, band saw and router table all got the same treatment.

Good Woodworking,

Ted Raife
Online Editor, *Woodsmith*

© August Home Publishing Company
2200 Grand Avenue, Des Moines, Iowa 50312



Mushrooms may reduce risk of prostate cancer

Emerging research suggests that mushrooms and mushroom extracts may have potent anticancer activity.



Prostate cancer is the most common cancer in Canadian men. The Canadian Cancer Society statistics estimate that 20,700 men were diagnosed with the disease in 2006, and 4200 died from it. One in 7 men will develop prostate cancer during his lifetime, mostly after age 60, and 1 in 26 will die of it.

Mushrooms offer nutrients such as beta-glucans and conjugated linoleic acid, compounds that are currently being studied for their chemopreventive potential.

Here is what we know so far:

The Netherlands Cohort Study looked at the vegetable intake and prostate cancer risk of 58,279 men ages 55-69 years and found an association between eating mushrooms and reduced risk of prostate cancer.

A study published in 2000 in the journal *Molecular Urology*, found that beta-glucans (polysaccharides) extracted from Maitake mushrooms destroyed human prostatic cancer cells in a laboratory setting.

Selenium is also of scientific interest in prostate cancer risk research. A 100 gram serving of sliced uncooked mushrooms is a source of selenium, providing 13 per cent of the Daily Value.

In 2003, researchers from The Netherlands Cohort Study found that men with the highest selenium intake had a 31 per cent lower risk of developing prostate cancer than men with the lowest selenium. Further study is needed to confirm these findings.

Recent results from the Physicians' Health Study conducted at Brigham and Women's Hospital and Harvard Medical School, Boston, noted that higher levels of selenium may slow prostate cancer tumor progression. As well, those who had the highest levels of selenium in their blood were almost 50 per cent less likely to develop prostate cancer during the 13 years of follow-up.

Research shows that 30 to 35 per cent of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. As fresh mushrooms are low in calories and fat, as well as being versatile and great-tasting, they are a good addition to a healthy eating pattern.

For more information on the connection between mushrooms and cancer visit Mushrooms Canada online at www.mushrooms.ca.