

ON GUARD



Victoria - Fred Whitehouse Branch Report

SPRING 2008 – A FURTHER NOTE ON DUES

First of all, a very heartfelt thank you to our many members who have agreed to pay their dues by direct deduction at source (DDS). We are gradually achieving our goal of reducing the number of members who pay annually by cheque or cash. Unfortunately there are a number who have not paid 2008 dues, therefore we offer the following explanation.

Members who pay annual dues to the branch by cheque (membership card expiry 31 December 2007) and have not paid dues for 2008 by 31 March will, unfortunately, have their membership cancelled in May 2008.

The Victoria-Fred Whitehouse Branch does not issue individual invoices for membership dues since there are simply too many members. We do not have an office or paid staff. Your executives are all volunteers. This keeps Branch expenses to a minimum on your behalf.

The only members who, by pension regulation, cannot pay annual FSNA dues by DDS are federal judges, surviving spouses of RCMP and associate members. Our volunteer membership committee can handle this relatively small number without a problem.

All other members (the vast majority of our membership) can pay dues by DDS. The membership card expiry date of members paying dues by DDS is 31 March of each succeeding year. DDS memberships are deducted monthly from a pension source the same way PSHCP and PDSP are deducted. Membership cards and receipts are processed and mailed from National Office in late February each year. DDS paying members are never in arrears and their membership will never lapse.

Lapsed memberships and/or cancelled memberships of annual cheque-paying members may be reinstated by paying membership dues by DDS and advising the branch of this action.

There are over 400 of our membership of 4400 who pay dues by cheque each year but could pay by DDS. It is this group we are trying to convince to change to paying by DDS. This segment of our membership is the biggest single workload of the branch executive. Please help.

Thankfully the great majority of our members who can, do pay by DDS. As mentioned above, we very much appreciate and acknowledge your help in this regard.

Please note that if your membership card expiry date is 31 December each year, it indicates you pay annually direct to the branch. If your card expiry date is 31 March of each succeeding year, you are paying by DDS and no further action is necessary.

FSNA memberships paid by DDS are automatically cancelled on the death of the member. DDS can be stopped at any time by notifying FSNA.

Questions: speak to any one of your executives. The DDS authorization form on page 4 of the "Winter" branch report is available on request (call our voice mail at 385-3393).

-1- **SENIORS ENTITLEMENT SERVICE**

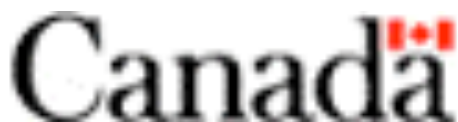
Allison Acker presented information about this service at the 8 January 2008 meeting. She provided an information handout to attendees that is reproduced here for the benefit of members who did not attend.

NEW!

The Seniors Entitlement Service

- Has trained volunteer advocates to serve you
- Is training more advocates for seniors in October

**For information on how to become a Seniors Advocate, visit our office in the Blanshard Community Centre, 901 Kings Road, Victoria or telephone 360-1068
"Seniors Helping Seniors"**



The Seniors Entitlement Service is a project of Greater Victoria Seniors, funded in part by the Government of Canada under the New Horizons for Seniors program

BRANCH CHARITABLE DONATIONS

The Branch has established a new "Charitable Donations Committee" to deal with suggestions from members regarding worthy recipient organizations. The committee consists of Val Kolsun, John Chomyn, Howie Logan and Genno Pereira (ex-officio as Treasurer).

If you wish to suggest a particular charitable organization, criteria governing donations were published in previous newsletters and are available to members on request. Contact any of the committee members or leave your name, address and telephone number on our voice mail answering service at 385-3393.

Previous recipients have been the Victoria Hospice Society and the Broadmead Lodge.

-2-

SECOND MEETING WITH DENISE SAVOIE, MP (NDP) FOR VICTORIA

The Victoria NDP Member of Parliament, Denise Savoie, invited the FSNA to attend a forum on seniors' issues at her constituency office on 18 January 2008. Richard Acton represented our branch along with Jim Cotter of the Sidney Branch in his role as FSNA Provincial Advocacy Officer.

Other non-FSNA attendees were directors and advocates for the many seniors' organizations in the city, so most of the discussion involved their access to federal funding. One issue that may be of interest to our members did come to light from their presentations. It appears that the Canada Revenue Agency will take action to garnishee OAS/GIS payments from someone who is in arrears in their income tax.

FSNA did previously brief Ms Savoie on our Association's concerns during our April 2007 meeting. To this, we added the difficulty many seniors face in connecting with a live person while seeking information on federal programs. Also, the need to simplify the very complex income tax act was highlighted.

MEDICAL DEVICE COVERED BY PSHCP – URESTA

This is a device that may be of interest to many of our female members who experience bladder control problems. The medical device is called **Uresta** and has been on trial for several years. Apparently the company is trying to have it covered by Blue Cross.

A number of our members may be on blood pressure medication (water pills) and this device may be miraculous to them.

Uresta is a feminine device (about \$200.00). It is covered under the PSHCP when prescribed by a medical doctor. The member must send in the prescription with a detailed receipt when applying for a reimbursement.

Robert Laperrière
FSNA National Office

VICTORIA - FRED WHITEHOUSE BRANCH - 2008 OFFICERS

Nominations were entertained and elections held at the 08 January 2008 meeting at the Trafalgar-Pro Patria Legion on Gorge Road East, with the following results:

President **Richard Acton** (LTCl, MEDOC) 479-1799; *richmarj@shaw.ca*
Past Pres. **Tom Stark** (LTCl, MEDOC, pensions) 721-3917
1st VP **Diane McIntyre** (PSHCP, PDSP, Membership Committee); long distance - 250-743-6084; *elhefe@telus.net*
2cnd VP **Neil Bright** (PSHCP, PDSP, Newsletter, Membership Committee) 478-0459; *thebrightsare@shaw.ca*
Treasurer **Genno Pereira** (Membership Committee) 727-0391 *superannuate@shaw.ca*
Secretary **Inez Walker** 418-8726; *inezwalker@shaw.ca*

DIRECTORS

Ray Webber (Membership Info Co-ordinator) 385-7800; *mcmewsvic@shaw.ca*
Bill Rowbotham (Outside Speakers, Membership Committee) 370-2567; *drumbeg@shaw.ca*
Howie Logan (Publicity) 477-6102
Val Kolsun (Archives) 370-9106; *jchomyn@shaw.ca*
Owen Robertson (Reception & Facilities) 474-3869
George Baker (Inside Speakers) 474-1541; *george.baker@shaw.ca*
Jim Anderson (Membership Committee) 391-9545; *jdandrsn@shaw.ca*
Joan Landsky (Director at Large) 388-5090
George Philip (Director at Large) 477-3170
Susan Williams (Director at Large) 656-9176; *susworld@shaw.ca*

Voice Mail (leave a message): 385-3393

Our mailing address remains:

**FSNA Victoria-Fred Whitehouse Branch
C/O Silver Threads, 1728 Douglas St.,
Victoria BC, V8W 2G7**

March 11 – Annual General Meeting, speaker will be from the Canada Revenue Agency

April – no meeting

May 13 – Annual Spring Luncheon at McMorran’s Restaurant (see page 4 for details and registration form)

June 10 – Our tentative speaker is Linda Schaumleffel advising on how to maintain peak mental performance as we age. Linda was to have spoken at the January 8 meeting but was unable to attend on that date

July, August, September – no meetings

October 14 – regular meeting with a guest speaker to be announced in a later newsletter

November – no meeting

December 09 – Annual Christmas Party, details to be announced in a later newsletter

A reminder: meetings are now being held at the Trafalgar-Pro Patria Branch of the Royal Canadian Legion, 411 Gorge Road East at 10:00 AM (except the Spring Luncheon at McMorran’s). The #11 bus transits Gorge Road. Call BC Transit at 382-6161 for more information.

Borrowed From the North Vancouver Island Branch Newsletter

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?”

OUR ANNUAL SPRING LUNCHEON WILL BE HELD ON TUESDAY, MAY 13, 2008 (12:30pm)

Place: McMorran’s “Lookout Room”, 5109 Cordova Bay Road

Cost: Members \$10.00; **Non-members \$20.75** (*all tickets must be paid for in advance*)

Menu: House Salad and Dressing; Breast of Chicken with Mushroom Ragu; Marquis Potatoes & Vegetables; Lemon Cake; Coffee or Tea

Vegetarian Alternative: “Provencal” Pasta – pasta with tomato sauce, veg el dente

Door Prize: Luncheon for two (provided by McMorran’s)

CASH BAR ALSO AVAILABLE

Personal Transport or Public Bus Transport: BC Transit updates their schedule in April so please call them at **382-6161** regarding current schedules and wheelchair access.

Tickets will be available at the March general meeting.

Car-pooling: talk to other members, parking is very tight for a large group!

(Please complete the following information and include your cheque if you plan to attend this luncheon. Return it to our Luncheon Co-ordinator, DIANE McINTYRE, 1010 Cowerd Road,

Cobble Hill, BC, V0R 1L4 - at an EARLY date for **planning purposes.

**TICKETS ORDERED BY MAIL WILL BE MAILED BACK BEFORE THE LUNCHEON
FINAL DATE FOR TICKET PURCHASE: 08 MAY, 2008.**

Name of member attending: (\$10.00)

_____ Phone: _____

Name of spouse/partner attending:

_____ Phone: _____

Are they a member? (\$10.00 if a member; **\$20.75 if non-member**) Yes No

Will you require a vegetarian menu? Yes No

Need a ride? Yes No Can you provide a ride for someone else? Yes No

****Important:** PLEASE RETURN THIS INFORMATION TO THE CO-ORDINATOR (see above) AS SOON AS POSSIBLE. FURTHER INFORMATION: CALL VAL KOLSUN AT 370-9106 (local call), or e-mail her at jchomyn@shaw.ca OR DIANE McINTYRE AT (250) 743-6084 (long distance), e-mail at elhefe@telus.net. Also, please advise if you are unable to attend. With sufficient notice, tickets may be re-sold and a refund made.

THERESA MELANSON – UPDATE

A number of members have been asking about our long-time membership director, Theresa. We're sad to report that her health has been slipping a bit. She's apparently had a few falls that led to a stay in the Gorge Road hospital where she is waiting for a spot in an extended care facility. Members attending the January meeting at our new venue were given the opportunity to sign a card for Theresa. We all hope she will get a spot quickly and will be comfortable in her new home. This information was the latest available at the time this report was prepared (end January 2008). We will endeavour to keep readers updated in the Summer Report.