

FSNA Algonquin Valley Branch (ON33) Fall Report, 2013

PRESIDENT'S MESSAGE

Greeting and best wishes from your branch executive!!

Many activities and events have taken place since I prepared the spring newsletter. One of the best for me is that one of the committees, the Communications Committee, has taken on the responsibility to prepare this quarterly branch newsletter. With the increase in volunteers, we are able to spread the activities over more people. That way we get more done without burning people out. We can always use more volunteers to support the work and programs of the branch. So, if you have a few hours to spare once in a while we can use your skills and experience.

I am sorry to report that **Tom Alburger**, who has been a branch volunteer and membership secretary for about ten years, has decided to retire again, this time from branch work. Tom has focused his effort on tracking the membership of the branch including additions and deletions and working to remind those that pay annually to pay up or lose their membership status. This has traditionally taken lots of effort and cost, with two or three mailings to remind people to renew their membership. (Note it saves money and time if all our members complete the direct deduction form located elsewhere in this newsletter.) Tom has been very diligent in carrying out these duties. He has even found a volunteer to take over from him and has been providing the coaching to teach our new volunteer the ropes of the position. With that, we welcome **Leo Buckley** as our new Membership Secretary. Thanks Tom for your efforts. We hope to still see you out and about at some of our events.

The FSNA national AGM was held in Ottawa this year (June 17-20). The Algonquin Valley Branch was represented by myself as the official delegate and **Michael Stephens** and **Ken Philipose** as observers and for training and succession planning. This was my first AGM as the voting delegate, having attended the previous year's meeting as an observer in the shadows of the then branch president **Barrie Hallett**. A major topic of discussion this year was to resolve (approve in principle) the basis for the governance model to support the FSNA bylaws revision for compliance with the Not-for-Profit Act changes needed to be implemented by Oct 2014. There was a lot of debate on the model with different perspectives, particularly on representations based on province versus membership numbers. The major swaying argument was that Ontario with roughly one third of the members had only one National Director

of twelve. The agreed model will give two National Directors for the "Ottawa" district (with 31,200 members) and two for the rest of Ontario (with 32,000 members) out of the twelve. This model will be written into proposed by-laws for approval at the next AGM scheduled for Montreal in June 2014. The assembly also approved a membership fee increase scheduled for 2014 of 12%.

There was also serious discussion that FSNA should shift the focus back from the governance activities to advocacy for members' pension and benefits, the prime reason for the existence of FSNA. There will be increased emphasis on this in the coming months with a campaign to protect the current benefits under the Public Service Health Care Plan (PSHCP) and the "Honour Your Promise" campaign.

Events that are planned (history as you read this newsletter in October) include:

- Annual Picnic at Jubilee Lodge in Petawawa on September 1, (where we will celebrate the 50th anniversary of FSNA, including handed out of commemorative pins),
- Petawawa Showcase as part of our outreach to recruit new members and spread the word on advocacy and volunteer opportunities, and
- A potential Financial Planning Talk

On the governance front, we will be electing a new Regional Service Officer (RSO) for Ontario in August and a new National Director (ND) for Ontario in September to replace the resigning **Jules Arbour** and **David Jones** respectively. Both of these will be via Branch Presidents voting.

I will close for now and ask you to please contact me at fsnaavbon33@gmail.com or at 613 687-2259 to discuss any issues or ideas that you have related to what your branch can do for you and what you can do for the branch.

Best Regards

Paul Ballantyne

Branch President, Algonquin Valley Branch, FSNA

Membership Training

Leo Buckley and Ken Philipose attended a training session at FSNA head office in Ottawa on Aug 6th. FSNA has been using a web based membership data system (WBDS) for a very long time. It is a very cumbersome system and does not produce reports in a format that can be readily understood by anyone in all instances. There are various membership types such as single, double, life, DDS, Non DDS, active, current, expired, and so on.

Even at the head office they have to export the data from the system to a third party data base such as Excel to manipulate it to obtain the information needed. There is serious attempt underway to simplify and modernise the WBDS.

I found the training very useful as I began to understand why the membership report has been so difficult to understand.

Membership and Outreach Committee Report

The Membership and Outreach Committee is responsible to maintain the Branch membership database with associated reporting; maintain contacts with federal retirees, seniors groups and federal employers (e.g., AECL, Garrison Petawawa); and liaise with local politicians. Membership on the Committee consists of Lawrence Lupton (Chair), Leo Buckley, Tom Alburger, Sham Sunder and Paul Ballantyne. This newsletter item summarizes the report of the Membership Secretary plus plans for the remainder of the year by the Committee.

Membership Secretary Report

Tom Alburger has resigned as Membership Secretary after holding that position on the Board of Directors for the past ten years. Leo Buckley has agreed to take over the position, with the assistance of Ken McDonald. If you have any questions about the status of your membership, you may phone Leo at 613-584-3943, or email him at klbuck@magma.ca. Changes of address and notifications of member deaths should continue to be sent to FSNA AVB, Post Office Box 1930, Deep River, ON K0J 1P0, using the appropriate form that appears in each Branch Report.

2013 Program Activities

1- Contact with Retirees – Members of the committee helped to staff the FSNA AVB booth at SHOWCASE 2013 at the Petawawa Civic Centre,

2- Contact with Seniors Groups – We are in the process of getting local FSNA local contact information onto appropriate lists in Deep River, Chalk River, Petawawa, Pembroke, and other valley municipal offices where members are located. We are also exploring the possibility to develop joint programs with one or more of Pembroke and Petawawa Seniors groups, and Deep River if one gets started.

3- Contact with Federal Employees – AECL Human Resources will be approached to get permission to hold a FSNA “Lunch and Learn” session at Chalk River. For Garrison Petawawa, we routinely participate in retirement planning sessions held for civilian staff and are looking to add military staff sessions.

4- Liaise with Local Politicians – We will be consulting National Office for types of lobbying that local branches should be doing with MP’s, in addition to supporting initiatives requested by National Office.

New members of the Committee are welcome – we have a broad mandate!

Report on the FSNA AGM 2013

FSNA has about 180,000 members and 87 branches, and it was well recognized at the AGM that communication with the members and to outside people has to be a top priority for the association. The FSNA website will be improved for easy access o information that would be interesting and important for membership. The retirement tools and advocacy initiatives will be given top priority.

Some of the initiatives will be in the area of:

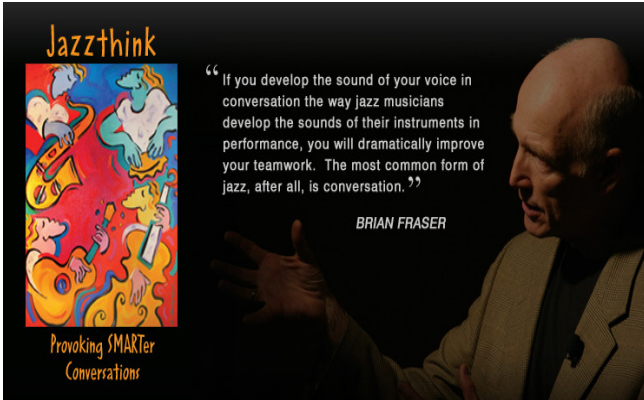
- 1- Increased use of digital media and less creation and mailing of printed newsletters (it costs the FSNA a substantial amount of money for this activity)
- 2- Health, travel and financial information for members,
- 3- Helpful Lifestyle information,
- 4- New member recruitment.

Branches will be given up to five pages of space in the National website. However, Branches are also encouraged to maintain their own websites.

Presentation by Brian Fraser

Brian Frazer gave a presentation on Living Smarter, Lessons from Jazz:

I found it very useful and thought you may find it interesting too. Here is a summary of the presentation:



The 5 Kinds of SMARTer Conversations

The acronym SMART enables people to remember the kinds of conversations that generate productive teamwork. These kinds of conversations are often happening simultaneously in our brains and intermingling in our communication with others. Understanding their distinct focus and impact, however, will greatly improve your performance in building productive teams.

We want to provoke you to be:

1- Soulful

The way you come across in your conversations with others is profoundly affected by how you have been talking with yourself. Is your self-talk positive or negative? Does it focus on your gifts and strengths or on your deficits? Are you generating a healthy self-appreciation or a toxic self-deprecation? Clearly, talking with yourself in a positive, strengths-based, appreciative manner will prepare you for resilient and respectful conversations with others.

2- Mindful

The way you pay attention to the impact of your words, tone, and body language in conversing with others will

also profoundly affects your ongoing relationship with them. What people take away from a conversation is how you made them feel. Are you being inspiring, encouraging, and supportive in cultivating positive productive relationships with all the other members of your team?

3- Astute

The way you use your conversations to know better, decide better, and act better is crucial to the productivity of your teamwork. Clearly, many brains are better than one in both understanding and producing in the increasingly complex environments in which your team operates.

4- Responsible

The way you use your conversations to build an agile and aligned team of people who are mutually accountable to and supportive of each other is decisive in achieving optimal productivity. Are there clear and respected processes in place to both hold people accountable for their responsibilities on the team and provide them with the support they need to do their job as best they can?

5- Trusting

How are you using every exchange with your team members to ensure that all these kinds of conversations work together for the benefit of your whole team? Clearly, keeping all these elements in mind as you talk with your team will greatly enhance its productivity.

http://www.jazzthink.com/real_smart.html

He quoted Steven Covey: *Between stimulus and response there is always a choice.*

Is that not true in all cases?!

Reported by Ken Philipose



MOVING? LET US KNOW - SO WE CAN KEEP YOU INFORMED

Are you moving to a retirement home or another location? If you don't let FSNA know, you won't get On Guard, and risk losing your membership and its benefits. Please use the form below to let AVB know if your address changes. Your spouse's address will be included in the change unless you let us know otherwise. If you move out of the AVB area (i.e., Renfrew County) your membership will be transferred to another branch based on your postal code, unless you indicate that you want to remain in the Algonquin Valley Branch.

If you are moving out of Renfrew County, do you want to remain in the Algonquin Valley Branch? Yes/No (Circle one).

Member's Name: _____

Membership number (from FSNA card): _____

New Address: (No., Street, PO Box) _____

City, Town: _____

Province: _____ Postal code: _____

New telephone no.: _____

E-mail address: _____

Effective date of address change: _____.

Mail to Membership Secretary, FSNA AVB, Box 1930, Deep River, ON K0J 1P0

YOUR SURVIVORS NEED TO INFORM FSNA WHEN YOU PASS AWAY (Please keep this form in your copy of the "You and Your Survivors" workbook.)

When you pass away, if your dues are being deducted from your pension payments (i.e., DDS), the government will notify FSNA that it has stopped deducting your FSNA dues. However the Privacy Act prevents the government from notifying FSNA that you have passed away (and deductions may be stopped for other reasons). If National Office sends mail to your address it is simply returned as undeliverable, and it is left to our Branch to make inquiries to find out what has happened. As a result, your survivors need to let FSNA know you have passed away. Please ask your survivors to fill in and mail the form below to the AVB membership secretary.

Notice of Death

To Algonquin Valley Branch:

I regret to inform you that _____,

a member of FSNA, died on:

(Date) _____.

Please amend your records accordingly, and inform the FSNA National Office.

Signature: _____

Name (Print) _____

Relationship _____

Phone Number: _____

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