

# PENSIONER NEWSLETTER

A PUBLICATION OF THE NEWFOUNDLAND AND LABRADOR  
PUBLIC SECTOR PENSIONERS' ASSOCIATION

Winter 2005

## UNFUNDED LIABILITY - NOT OUR PROBLEM!



### PRESIDENT'S MESSAGE

*Cyril Bambrick*

As the newly elected President of the Newfoundland & Labrador Public Sector Pensioners' Association I would like to take this opportunity to thank the membership for

electing me to the Board of Directors, and in turn, the Board of Directors for placing their confidence in me by electing me as President. I hope that the experience and knowledge gained by having served in the Dept. of Finance (Pensions and Debt Management Divisions) will allow me to advance the goals of the Association. The unfunded liability which Government continually cites when denying full indexation is problematic and secondly, as is the cost of administration being charged to the Pooled Pension Fund over the years.

I have written both the Premier, the Honourable Danny Williams and the Minister of Finance and President of Treasury Board, the Honourable Loyola Sullivan to congratulate them in achieving success in their discussions with the Prime Minister, the Honourable Paul Martin relating to the Atlantic Accord Agreement. In my correspondence I indicated a need that these "new found" Provincial revenues be used, in part, to assist Public Sector Pensioners to defray some of the purchasing power losses suffered by our members since the last *ad hoc* pension increase which occurred in 1989 by advocating that Government grant all Public Sector pensioners an *ad hoc* increase at this time.

On behalf of the members of the Board, I wish to express my hopes that each of you have a happy and healthy 2005.

*"Regret for wasted time is  
more wasted time."*

*-Mason Cooley -*

The Provincial Government created our Pension Plan in 1967 but did not set up a process to fund it until 1980. Pensions were paid from Government's general revenue. For 13 years employees contributions were not matched by Government. To add insult to injury, not only were no investments made, but all required employee pension contributions were thrown into Government's general revenue and used as part of government's revenue stream in the delivery of Government programs. These funds not being invested account for the existing unfunded liability in the main, although other factors pertain. Governments, without exception, consistently use this argument for denying full indexing for all Public Sector Pensioners. And we're tired of it being shoved in our faces. We did not create it; nor were we part of the process. We made the proper pension contributions over our working careers as required by the actuaries who determine the rates to guarantee our pensions. We paid these contributions year after year. Furthermore, our pension contributions were based on wage increases obtained through the collective bargaining process which anticipated inflation factors to some extent.

Past and current Governments continue to say that we have not contributed any additional amount to ensure inflation protection for our pensions. This is a "cop out". CPP contributions did not have an identified additional premium in its contribution rate to ensure inflationary protection for the Canada Pension Plan. Yet, the Federal Government grants annual increases based on cost of living increases.

Likewise, the Old Age Security benefit is adjusted quarterly to reflect Consumer Price Index changes. Does our Government really expect us to become pensioned and to live on this fixed income for the rest of our lives? Some of us could live 40 or more years beyond our pension date. This is totally unacceptable. Pensioners who are not yet 65 years of age have not seen an increase in their pensions since 1989, the last year Government granted an *ad hoc* increase to pensioners. What a disgrace.

See "We will pressure" on pg 2

**PENSIONER  
NEWSLETTER  
Winter 2005**

The PENSIONER NEWSLETTER provides Public Service Pensioners with current information relating to pension issues, insurance benefits and the ongoing activities of the current Board.

For more information, or to give your comments please contact:

The Newfoundland & Labrador Public Sector Pensioners' Association

446 Newfoundland Dr.  
St. John's, NL  
A1A 4G7  
Phone & Fax:  
(709)754-5730  
1 (800) 563-4188  
e-mail:  
pensioners@npspa.ca  
website:  
www.npspa.ca

We will pressure Government to take the unfunded liability out of the full indexation discussion and analyze the Pension Fund since its inception to ensure that all pensions and pension-related charges paid from the fund were properly actuarially valued. Government should ask actuaries to perform a calculation which assumes that funding started when the plan was created in April 1, 1967 and thereby estimate the value of the fund today. The possibility of full indexation of pensions could then be explored to determine its reasonableness. We, as pensioners, should not have the door permanently closed on full indexation of our pension plan when we have no responsibility whatsoever for Government mistakes and misjudgements in the past.

Because Government matches pension contributions and sponsors our Pension Plan, one would think that Government should share, on a 50/50 basis,

the cost of the administration of our Plan. Indeed, the full annual cost related to the operations of the Pensions Administration Division, Department of Finance, all actuarial related costs and Investment Manager fees are a direct charge against the pension fund. If 50% of these costs had been absorbed directly by Government over the years since the plan was funded on July 1, 1980, perhaps sufficient funding would exist in the fund to assist with full indexation. Just a thought!

## ANNUAL GENERAL MEETING

The 14<sup>th</sup> Annual General Meeting & Conference of the Newfoundland & Labrador Public Sector Pensioners Association was held on Tuesday, 19 October 04 at the newly opened Capital Hotel in St. John's. Seventy-seven members attended; Ray Hawco chaired.

The morning session was taken up with workshops and a panel discussion on the major initiative taken during the year: *Operation Pension Indexing*. The election of Officers was conducted over the lunch period with the business of the Association being addressed at the Annual General Meeting in the afternoon session.

The workshops were well attended. As expected, Members were extremely interested in *Your Health Plan - An Overview*. The presenter was Tony Lannon who is Director of Insurance Division, Executive Council.

Generating much lively discussion was the presentation by David Lidstone, Pension Program Training Officer, entitled *Your Pension Plan- Integration with CPP at Age 65*. Some members reported that they received less take home amounts after Old Age Security kicked in than before.

Bill Shallow chaired the Panel discussion on *Operation Pension Indexing*. The Panel consisting of Eric Salter, Ray Hawco and Eric Hodder from the Board and Jack Barry, Member from Clarenville, gave an overview of their impressions of the project. After the Panel presentations a general discussion and suggestions from the Membership took place. The general consensus was that *Operation Pension Indexing* had been successful and we should keep the momentum going.

Over lunch, Dr. Bill Eaton entertained the group expounding his philosophy that a sense of humour often has a lot to do with good health. John Bambrick was made an Honorary Director of the Association in recognition of his long service to the Association. Bill Shallow received the President's Appreciation Award for his outstanding contribution to the *Operation Pension Indexing* initiative. Congratulation John and Bill!



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**ELECTION OF BOARD OF DIRECTORS**

Seven vacancies on the Board were filled by the election of the following: Cyril Bambrick, Ann Bell, Gerry Conran, Tom Cooper, John Downton, Barbara Hopkins and Frank Petten.

**CONSTITUTIONAL CHANGE:**

A Constitutional amendment was passed by the membership: The name of the Association has been changed to The Newfoundland and Labrador Public Sector Pensioners' Association.

**REPORT OF THE PRESIDENT, RAY ROSSITER, TO THE AGM ON BEHALF OF THE BOARD OF DIRECTORS:**

On behalf of the Board of Directors I am pleased to report on the activities of the Association for the past year.

**ACTION PLAN:** The Action Plan is our blueprint for established priorities for the year. The Action Plan for 2003-04 appears as an Appendix to the AGM report. We monitor it on a monthly basis and recently conducted a thorough evaluation. The score, as polled by the Board members, is 65%; a lot accomplished but a lot left to do.

**MEMBERSHIP:** A constitutional change was approved at last year's AGM whereby Membership is now open to members of other Pension Plans: Uniformed Services, MHA's and Teachers. The response to this has been very encouraging; approximately 350 new members have joined the Association.

**NEWSLETTER:** The Pensioner Newsletter is our main means of keeping in touch with our Members. This year we solicited some advertising in the Newsletter in an effort to cover our printing costs and to inform Members of services available.

**REGIONAL BRANCHES:** The activity of both the Central and Western Branches is very encouraging. Details are included in the Annual Report.

**PRE-RETIREMENT SEMINARS:** The Public Service Commission offers seminars for employees who are planning to retire. Seminars for 2004 are planned for St. John's, Stephenville, Gander, Marystown and Happy Valley/Goose Bay.

As participant feedback indicated that our presentation is highly regarded, our Association is invited to participate again this year. We shall do so where feasible.

**OPERATION PENSION INDEXING:** This major activity was launched immediately following the Provincial Government's threat to withdraw pension indexing.

**DISCOUNTS AND PARTNERSHIPS:** Over the past year we have continued to pursue discounts and benefits for our members.



*John Bambrick receiving the Honorary Director Award from Ray Rossiter, Outgoing Pres.*

**HONORARY DIRECTORS:** We are a voluntary organization. Our efforts can only be successful based on the willingness of our Members who are prepared to go the extra mile. The Honorary Director Award is designed to recognize our Members who do just that. This year John Bambrick will be recognized as an Honorary Director. We congratulate him and thank him for accepting the award.

**ACKNOWLEDGMENTS:** On behalf of all Members of the Association I want to thank the members of the Board of Directors and the members of the various committees. Special thanks to Directors who will be leaving the Board this year: Margaret Adey, Ambrose Denty, Ray Hawco and Eric Hodder. A special thank you to Bill Shallow, Past President, who was always available for support and guidance over the past year. Also a thank you to Maureen Hogan, Administrative Assistant, for her efforts on behalf of the Association. Finally, thanks to the AGM Planning Committee, chaired by Margaret Adey, for making the event a success.

A member still in attendance at the end of the day is eligible for a prize of \$100. The winner of the draw was Robert Lidstone. The meeting adjourned at 4:00 P.M.

*Ever notice that the people who are late are often much jollier than the people who have to wait for them?*

**WESTERN BRANCH** *Wesley Roberts*

The Western Branch has been active with monthly meetings, social activities and pre-retirement seminars. Bill Shallow and Ray Hawco gave a pre-retirement training session to the Branch executive in November. A pre-retirement seminar was sponsored by the Public Service Commission at Stephenville on November 16. Bill Shallow, Ray Hawco and Wes Roberts gave a presentation at the seminar on behalf of the Association. It informed prospective retirees of our activities.



Helen &amp; Wesley Roberts

A Christmas Dinner and Dance was held at Corner Brook on December 1, 2004 and it was attended by 88 members and their guests. A good time was had by all. We even had a visit from Santa!

The Western Branch would like to recognize the efforts made by Norman and Zita Muise of South Branch and Claude Wheaton of Flower's Cove for showing interest in our Association by attending the Annual General Meeting at St. John's on October 19, 2004.

Albert Murphy of the Bay St. George area and Martin Lowe of the Deer Lake - Cormack area are replacing Walter McKay and Bert Hillier on the executive of the Branch. We would like to thank Walter and Bert, who resigned for personal reasons, for their dedicated commitment and overall contribution to our Branch. We especially extend our appreciation to Hope Wiseman who was our founding President and who is also leaving the Board for personal reasons.

We would like to hear from members in the Port Aux Basques - Codroy Valley - Robinsons area and the Northern Peninsula - Southern Labrador area. Please call 1-800-563-4188 and your message will be passed on to us. On behalf of the Western Branch we wish everyone a prosperous new year.

*A woman walked up to a little old man rocking in a chair on his porch.*

*"I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?" "I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise." "That's amazing," the woman said. "How old are you?"*

*"Twenty-six," he said.*

**CENTRAL BRANCH** *Mike Mackey*

The Central Branch held its last regular meeting on November 10, 2004. It was an opportunity to discuss pre-retirement seminars. Some of the executive are interested in being trained as presenters when seminars are held in Central. The Public Service Commission sponsored a pre-retirement seminar in Gander on November 17, 2004. Bill Shallow and Ray Hawco from the Board, along with Mike Mackey from the Central Branch presented at this seminar on behalf of the Association.

Plans are being made for a spring social and the Annual General Meeting to take place in early May. All Public Sector Pensioners are encouraged to attend.

Central Branch is always interested in obtaining input from Members in the Central area. Please call Maureen 1 (800) 563-4188 or e-mail: pensioners@npspa.ca. and she will pass on your comments.



Cyril Bambrick, President, presenting Ray Rossiter with a print on behalf of the Association in appreciation for his term in office as President 2003-2004

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## YOUR OPINION

By Boyna Northover

**Inequity in the Public Service Pension Plan**

My late husband worked with the Department of Finance until his retirement in September 1999, at age 60. Upon retirement, he was entitled to his Canada Pension Plan (CPP) and Public Service Pension Plan (PSPP) Benefits. Unfortunately, my husband passed away in December 2000.

At the time I received a Survivor Benefit from the CPP, as well as his PSPP Bnefit. The Survivor Bnefit is only a fraction of the CPP benefit which my husband received prior to his death.

Upon reaching age 65, the PSPP benefit for retirees is reduced. Unfortunately the inequity occurs at this time. This reduction in the PSPP benefit is based on the assumption that my husband is receiving his full CPP entitlement, not the reduced entitlement (i.e survivor benefit) which I receive. One would expect that the overall decrease I would receive would be 60% of the decrease my husband would have received. However, due to the concurrent reduction in the CPP survivor benefit, my decrease was actually \$1,227 more. This is a significant amount of money to a pensioner like me.

I believe there is an inequity in the inter-relationship between the PSPP & CPP. I feel that Government should revisit the Survivor Benefit provisions of the PSPP.

*Pensioners who find themselves in this situation and would like to pursue the matter further, please call **Boyna Northover (709)466-2790** or e-mail: [bnorthover@personainternet.com](mailto:bnorthover@personainternet.com) or write: 30-32 Huntley Drive, Shoal Harbour, NL A5A 4K3*

Boyna Northover is a Member of the Association in receipt of a Survivor Benefit.

*The opinions expressed here are not necessarily those of this Association.*

We invite Members, and others, to submit their opinions on topics of interest to pensioners, in the form of letters, articles or comments. Submissions should include the author's full name and contact information, for verification. The Editor will reserve the right to print, based on space, timing and good taste. Major changes in text will not be made without the approval of the author. It will be clearly stated that the opinions expressed are not necessarily those of the Association. This is your opportunity to comment on the work of the Association and to offer alternate views for debate. Send us YOUR OPINION now.

**CHUCKLE**

*A minister, a priest and a rabbi were discussing when life begins. "Those of my faith," said the minister, "believe that life starts when the heart begins to beat."*

*"We take a bit of a different view," said the priest, "in that we believe life starts at the moment of conception."*

*"Well," said the rabbi, "it is our belief that life starts when the kids move out and the dog dies."*

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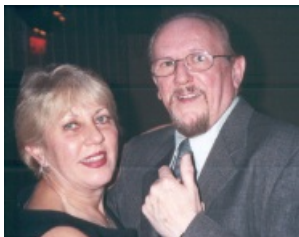
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## HIGHLIGHTS OF CHRISTMAS DINNER AND DANCE

The annual Christmas Dinner and Dance was held at the Knights of Columbus on Saturday, December 4, 2004. One hundred and thirty-six members and guests sat down at 7:00 p.m. to a delicious dinner of stuffed chicken breast and all the trimmings. Christmas Decorations adorned the hall and tables which put everyone in a festive mood.



*Carolyn Gosse and  
Cyril Bambrick*

President Cyril Bambrick welcomed everybody to the event and Mary Ennis did a terrific job as Emcee. Gus Fitzpatrick supplied the music for the dancing and drew for the many prizes won throughout the evening. Everyone had a great time. Special thanks to the Social Committee for a well organized event. Plans are currently underway for the annual Spring Barbecue to be held at the Shrine Club on May 27, 2005. If you have any ideas for a social event, please call Maureen at (709)753-5730 or 1(800)563-4188 or e-mail at pensioners@npspa.ca.



*We often need help from time to time with a particular project. If you would like to help out by serving on a committee, please call Maureen at (709)754-5730 or 1(800)563-4188 or e-mail: pensioners@npspa.ca*

## ANNUAL BARBECUE & DANCE

Our Annual Barbecue and Dance will take place on Friday, May 27, 2005 at the Shrine Club. The Shrine Club is located at 530 Topsail Road, St. John's. The event starts at 6:30 for 7:00 p.m.

Cash bar service will be available. Bring your steak or whatever you wish to barbecue and we will supply the rest. Baked potatoes, salads, dinner rolls, dessert, coffee/tea will be served. You can cook your own steak or sit back and have a professional chef do it for you. Music for dancing will be provided by Gary Lawrence and we might even have some talent of our own. Great prizes can be won if you want to try your luck.



The cover charge of \$10 single \$20 double will offset the cost of club rental, food and music.

Tickets must be purchased in advance and picked up at the office no later than Monday, May 23, 2005. To book tickets please call Maureen at (709) 754-5730 or 1 (800) 563-4188.

Come out for an enjoyable evening and renew old acquaintances from your working days. Hope to see you there!



*Bill Shallow accepting the President's Appreciation Award from Ray Rossiter for his outstanding contribution to the Operation Pension Indexing Initiative.*

The President's Appreciation Award is designed to recognize a person who has made an outstanding one-time contribution to furthering the aims and objectives of the Association. This Year the selection committee had no difficulty in deciding who should be the recipient of this Award.

Bill Shallow has worked tirelessly on behalf of the Association for the past five years and was instrumental in raising the profile of NPSPA through out the Province. He spearheaded the *Operation Pension Indexing* initiative when indexing appeared to be in jeopardy. *Operation Pension Indexing* was considered to be a outstanding success.

Thank you Bill!

## PROTECT YOUR HOME FROM DAMAGE CAUSED BY FROZEN PIPES

During the winter months, property damage caused by frozen pipes is a common occurrence. The following questions and answers contain helpful tips to assist you in avoiding a loss to your home and its contents by frozen pipes.

### Where are pipes most likely to freeze?

Pipes are most likely to freeze in unheated rooms, attics, crawl spaces and exterior walls. Seal leaks that allow cold air inside. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep cold out and the heat in.

### What should I do if my pipes freeze?

Do not attempt to thaw pipes using any direct heating method. This can be very dangerous and can result in serious damage to your home and property. Call a professional for help.

### What outside temperature poses danger of freezing pipes?

When the temperature drops below -18 C, pipes in homes without adequate insulation may freeze and break. In cold weather conditions, turn your faucets on enough to allow constant dripping.

### What should I do if my pipes burst?

First, turn off the water at the main shut-off valve. Make sure everyone in your family knows where the shutoff valve is and how to open and close it.

### Will letting the faucet drip during extreme cold weather prevent pipes from freezing?

Not necessarily, but in most cases, will prevent the pipe from bursting. Leaving a faucet open provides relief from the excessive pressure that builds between the faucet and the ice blockage when freezing occurs.

### What should I do with outside faucets?

Disconnect garden hoses and, if practical, use an indoor valve to shut off and drain water from pipes leading to outside faucets.

### What products should I use to protect the pipes in crawl spaces and attics?

Insulating pipe sleeves, heat tape, or thermostatically controlled heat cables are probably your best bet. The more insulation you use, the better off your pipes will be. Be sure to use products approved by an independent testing organization.

Johnson Inc. is proud to bring this valuable information to members of the Newfoundland and Labrador Public Sector Pensioners' Association on protecting your home from damage caused by frozen pipes.

Johnson Inc. policyholders, can obtain further information by contacting their Service Supervisor. Members of the Newfoundland and Labrador Public Sector Pensioners' Association who are interested in obtaining a home or auto insurance quote from Johnson Inc., please call toll free 1-800-563-0677 or visit online at [www.johnson.ca/npspa](http://www.johnson.ca/npspa).

## CHUCKLE

*A Swiss man, looking for directions, pulls up at a bus stop where two Americans are waiting.*

*"Entschuldigung, koennen Sie Deutsch sprechen?" he asks. The two Americans just stare at him.*

*"Excusez-moi, parlez vous Francais?" he tries. The two continue to stare.*

*"Parlare Italiano?" No response.*

*"Hablan ustedes Espanol?" Still nothing.*

*The Swiss guy drives off, extremely disgusted. The first American turns to the second and says, "Y'know, maybe we should learn a foreign language."*

*"Why?" says the other. "That guy knew four languages, and it didn't do him any good."*

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## BEYOND MCP AND BLUE CROSS



Pat Hogan

As retirees, the financial implications of our health care in the future ought to concern us today. Yes, we may be covered by both our Provincial health care plan (MCP) supplemented by our own private or group extended health care plan (such as Blue Cross). This is good. But there is an additional type of health care insurance that we ought to be aware of.

### Critical Illness Insurance

This is a relatively new type of insurance for Canada available to those **under age 65** at the time of application. It is designed to pay out a one-time, lump sum benefit upon being diagnosed by a specialist with any one of about 20 critical illnesses-hence the name. Its purpose is assist the person who has just been diagnosed with a serious illness/disorder or surgery meet additional health expenses, although there is no restriction how the money is used.

The three main conditions covered are heart attack, stroke and life-threatening cancer. Other illnesses covered include Alzheimer's disease, Parkinson's disease, Multiple Sclerosis, Coronary Artery Bypass, Benign Brain Tumor and many others. Unfortunately, recent statistics tell us that men have a 1 in 2 chance of developing heart disease or cancer; for women the stats are 1 in 3. The good news is that with modern medical advances, we are more likely than not to survive.

Yet, we all hear the news about the ever-increasing demands on the health care system -especially as the "baby-boom" generation ages. Today in our Province the median wait time between seeing your family physician and getting treatment is 22 weeks-over 5 months!

A critical illness could impact us in many ways:

- 1) by increasing our living expenses-additional treatments, home care costs, home or auto modifications, etc.
- 2) by bringing lifestyle changes such as loss of independence. The financial implications might force us to deplete our savings or RRSP's, be prematurely forced to sell our home or other assets or to become dependent on our children.

*Example:*

*Angela is a 69 year old single pensioner. Recently she was placed on a 6 month wait list for an MRI scan pending an initial diagnosis of multiple sclerosis. Fortunately she took out a critical illness policy when she was in good health at age 60. She had purchased a \$50,000 policy with a level benefit with lifetime coverage costing about \$150 a month. [A \$100,000 policy with decreasing benefits to age 85 would cost similarly.] She has decided to use the (tax-free) Critical Illness policy proceeds to fly to Montreal for an immediate MRI and she is considering other treatments not available in Newfoundland.*

**Pat Hogan is a member of NPSPA who was recently awarded his CFP (Certified Financial Planner) designation. He is a licensed Financial Security Advisor with Facey Financial Planning & Consulting in St. John's. He would welcome inquiries -with no obligation-at (709)-754-0413 or email: hogan@nl.rogers.com**

### PASS IT ON!

When you've finished with this NEWSLETTER, please pass it on to another prospective member who may be interested in reading it.

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### CHUCKLE

*A married couple, both 60 years old, were celebrating their 35th anniversary. During their party, a fairy appeared to congratulate them and grant them each one wish. The wife wanted to travel around the world. The fairy waved her wand and poof - the wife had tickets in her hand for a world cruise.*

*Next, the fairy asked the husband what he wanted. He said; "I wish I had a wife 30 years younger than me." So the fairy picked up her wand and poof - the husband was 90.*

## WHERE ARE THEY NOW? *Barbara Hopkins*



Teresa, Adrian (son) and Fintan

We are pleased to feature Fintan and Teresa Costello in this edition of the Newsletter.

The Costellos came to Newfoundland from Ireland in the 1960's having responded to an ad sponsored by the Newfoundland Government. They located in Stephenville where Fintan worked in Post-Secondary Education and Teresa in Health Care. Fintan retired from the Department of Education in 1995 and Teresa from the Health Sciences Complex in 2003.

Fintan was awarded the Queen's Golden Jubilee Medal in 2002 in recognition of his contribution to post-secondary training in the Province with special reference to preparation for offshore oil and gas.

The Costello's have three children; two who live on the mainland and one in St. John's. They also have two grandchildren. If Teresa and Fintan are not found on the Golf Course they may be traveling, visiting their children or their family members in Ireland.

We wish Fintan and Teresa Costello continued health and happiness.

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## CHUCKLE

*Two friends, one an Optimist and the other a Pessimist, could never quite agree on any topic of discussion. One day the Optimist decided he had found a good way to pull his friend out of his continual Pessimistic thinking.*

*The Optimist owned a huntin' dog that could walk on water. His plan? Take the Pessimist and the dog out duck hunting in a boat.*

*They got out into the middle of the lake, and the Optimist brought down a duck. The dog immediately walked out across the water, retrieved the duck, and walked back to the boat.*

*The Optimist looked at his Pessimistic friend and said, "What do you think about that?"*

*The Pessimist replied, "That dog can't swim, can he?"*

**Ronald A. Cole**  
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**Kenneth J.A. Young**  
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## ESTATE PLANNING

Here are five steps to take to gain peace of mind

### 1. Set Your Objectives:

Ensure your property is distributed according to your wishes both during your lifetime and after your death. Minimize tax on your estate after your death. Ensure that your outstanding taxes and final expenses payable upon your death are paid by your estate rather than passed to your family. Ensure that the immediate and long-term needs for your family are provided for in the event of your death or disability.

### 2. Data you need to collect includes:

The value of all property you own that needs protection against theft, damage or destruction. Income from all sources to see what would happen in the event of death, disability or illness of the family's income provider(s); A list of assets including cash reserves that can be used to meet unanticipated expenses; A List of debts, especially those that need to be settled in the event of death or disability of the debt holder. Give special attention to the liquidity of your assets to ensure there will be enough cash to cover the immediate expenses of your family.

### 3. Select suitable strategies to achieve your objectives.

Write up a will. Appoint an executor of your estate to carry out the instructions in your will. Appoint a guardian if required. Prepare a power of attorney or living will to give someone you trust authority over your affairs and personal well-being in case of your incapacitation.

Transfer property to another person while you are alive through sale, gift or an *inter vivos* trust. Consider Income Tax rules on capital gains, attribution, distribution and accumulation. Transfer property to another person through a testamentary trust and a spousal trust. Make sure you have enough Life Insurance, Disability Insurance to protect you against lost income and any expenses incapacitation may cause.

### 4. Implement your plan.

The best plan is useless if you do not actually do it!

### 5. Monitor your plan.

Update it according to the demands of economic and personal changes.

By following these five steps, you can stop worrying and start enjoying LIFE.

*Thanks to Carson Thistle, CLU, CH.F.C., TEP for providing us with this information. See ad on this page*

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## BEREAVEMENT COMMITTEE

The Board of Directors has discussed the idea of establishing a Bereavement Committee. The objective of this Committee is to express condolences to the family on the death of a Member of the Association. If you have any comments on this initiative or would consider participating, please call Maureen at (709) 754-5730 or 1 (800) 563-4188 or email: pensioners@npspa.ca

*Young Son: "Is it true, Dad, I heard that in some parts of Africa, a man doesn't know his wife until he marries her?"*

*Dad: "That happens in every country, son."*

# DISCOUNTS

The Association is pleased to add one more item to the list of discounts and benefits available to our Members. You must show your Membership Cards to access these benefits. If you have not received a membership card, please call Maureen at (709)754-5730 or 1(800)563-4188.

**Beltone Hearing Aids** - 10% off hearing aids plus free box of batteries.

**Breakwater Books** - 15% off all Breakwater titles, see coupon on back cover.

### **CO-OP Taxi Service**

20% off cab fare - minimum ride of \$5.00. Must show identification.

### **Jumbo Video**

10% discount on any rentals. Rent a new release and get an all time favorite free. Ask for details. Torbay Rd; Ropewalk Lane in St. John's and Manuels locations only.

### **Fit For Work - Atlantic Orthotics**

The Health Plex, 114 Empire Avenue, St. John's  
10% discount. Also services are HST exempt.

### **Alcock & Brown's Eatery - Hotel Gander**

15% off purchases (not including alcohol)

**Jungle Jims, Torbay Road, St. John's** - 10% discount

**Irving Restaurants and Big Stops** - 10% discount

**Johnson Insurance** - Home/Auto- discounts, benefits and free service advantages. For a quote call 1(800)563-0677, visit [www.johnson.ca/npspa](http://www.johnson.ca/npspa) or a branch office. Your ID Code is : NP

**Bill Dilny (Realtor)** - substantial savings on home sale/purchase. Call Bill at (709)726-8300 or (709)685-1797

### **National Car Rental**

Ask for details. 12 locations throughout Newfoundland & Labrador. Must give Contract ID # 3815428

### **Budget Car & Truck Rental**

Ask for details. 17 Budget locations throughout Newfoundland  
Exception: Wabush and Goose Bay.

**Newfoundland Eyewear Services** : 15% WestBrook Plaza,  
(709)364-8393

**Kim's Restaurant** - 15% on food only  
21 Sagona Ave, Mount Pearl (709) 747-8444

### **Carson R. Thistle, CLU, CH.F.C., TEP**

One Free hour of Financial Consultation  
Call (709) 722-8060 Value: 125.00

**Harold Burt (Realtor) bonus on home purchase/sale**  
Call Harold Cell: 727-4545 Home: 722-6813

**Orthotic Aids LTD** - 10% on over the counter sales. Do not apply to personalized fitted items. 335 LeMarchant Road, St. John's (709) 579-2135

**Vogue Optical:** 10% off second pair free policy  
30% off one pair only

**Carlton Wagonlit Harvey's Travel**, Avalon Mall- free travel supplies kit with any Britain or European tour package. (709)722-6500.

**Merry Maids** - 10% discount  
103-14 Forbes Street, St. John's (709) 745-8585

**Tire Mart** - Free balancing with purchase of new or used tires. Value \$22.00 - \$30.00

**Tony's Tailor Shop** - 15% off on all alterations  
28 Frerswater Road (709)753-0281

**Eastern Medical Supplies**, 95 Military Road (709)754-7711 10 - 20% depending on service provided.

**T. B. Clift Limited**, 34 O'Leary Ave (709)753-6850  
10% discount on home health care products.

**Ultramar** - 3cents off a litre of home heating oil, 10% off furnace protection.

### **Hickman Motors**

10% discount on parts and labour. Does not included vehicle purchases.

**The Paint Shop - 31 locations** 10% off regular priced merchandise Some restriction/exclusions may apply.

### **Best Western Travellers Inn (709) 722-5540**

Selected Rates. Ask for detail.

Also 10% discount off purchases at Flat Rock Bar and Grill.

### **Glynmill Inn - Corner Brook 1( 800) 563-4400**

Selected Rates. Ask for details. [www.glynmill.ca](http://www.glynmill.ca)

**Holiday Inn - Corner Brook (709) 634-5381** . Ask for details.

### **Mount Peyton Hotel - Grand Falls-Windsor**

. Ask for Details 1 (800) 563-4894



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**REMINDER**

**2005 Barbecue and Dance**  
**Friday, May 27, 2005**  
**Shrine Club**  
**530 Topsail Road**  
**St. John's, NL**




**Details inside**

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