

WCB RETIRED EMPLOYEES ASSOCIATION

Thanksgiving Edition

Semi-Annual Meeting, Luncheon, Art and Hobby Show



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Date: Monday, October 28, 2019

Location: WorkSafeBC (WCB)
6951 Westminster Hwy.
Richmond, BC
**(use the "old Rehab" entrance at the top of the ramp)

Time: 11:00 AM Coffee/Socializing/ Art, Hobby Exhibit
12:00 PM Lunch
1:00 to 2:00 PM Meeting

Cost: \$18.00 per person * - this includes tax and the tip

Guest Speaker: **Nancy O’Krafka, Director, Total Rewards and HRIS on update to retiree extended health plan**

Door Prizes Galore

Current Executive

- | | |
|-------------------|--------------------------|
| Maryanne Schulz | President |
| Margaret Perry | Vice President |
| Carol Sallenback | Director/Treasurer |
| Rina Luchin | Director/Phone Committee |
| Christine Lucovic | Director/Secretary |
| Wendy Pantages | Director/Editor |
| Loraine Fraser | Director/Web Master |
| Barbara Charron | Director |
| Ed Dergousoff | Director |
| Lee Barnbrook | Director |



Special Points of Interest

- 2019 Calendar of Events
- Semi-Annual Meeting/Lunch as well as showcasing Art, Hobbies and Crafts by our members





Welcome to our fall 2019 issue.

We have an important event coming up on Monday October 28, 2019. This is our semi annual lunch and meeting. We are reintroducing our art and hobby show beforehand so that members can showcase their hobbies and various projects such as ancestry information, flower arrangements, quilting, embroidery, self publishing, pottery etc - whatever you like to do now that you have the time. The co-ordinator this year is Barb Charron so please let her know if you'd like to take part, and if you require a table to display your hobby.

Due to several cancellations we could not confirm numbers for the buffet and seating arrangements, so our Day at the Races at Hastings Park had to be cancelled this year. Two of our members showed up however, and we apologize for any miscommunication. We hope they stayed even without our group, enjoyed the races and won some money!

Our guest speaker at the semi-annual meeting is Nancy O'Krafka, Director, Total Rewards and HRIS who advises she has some important information on the retiree extended health plan and tips on how to maximize your benefits. Please try to attend this meeting as the "update on the Retiree extended health plan" may be of significant importance to you.

Please note the PNE 2019 online code should read HG3899KJ and is good for all the events at the PNE grounds such as Fright Nights, Playland, Disney on Ice etc. The code currently displayed on the online version of the newsletter within our website is incorrect. I have no information on retiree turnout at the Golf Tournament.

Send me your letters, comments, recipes, notes on your trips, jokes, articles, pictures. I have included a funny guest article by Maryanne Schulz on harvesting a bounty of grapes (thank you Maryanne), and on Page 3 I've written an article on acronyms we used to use. You can add to this if you wish! Send me an e-mail with your own in-house acronyms.



Welcome

New Members

<u>Name</u>	<u>Former Department</u>
ALBERTI, Silvana	Claims, Port Moody
BOON, Judy	Special Care Svcs
GREIG, Sandy	Assessments
HARTFIEL, Sharleen	HBU Dept.
teBOEKHORST, Sylvia	Certification Svcs

Mailbox

Hi Loraine:

Thank you for the newsletter. Unfortunately living on Vancouver Island puts most of the functions out of my reach with cost of ferries, hotels etc. I was wondering if there is anything going on on the Island like a get together etc. There are quite a few of us that have retired here, and it's such a shame that many of us can't come to the mainland functions.

Cheers,

Bob Jacobs (June 4, 2019)



Hello

I would like to receive future Retiree Newsletters via e-mail.

I am a former Richmond employee and moved to Victoria in 2011.

Love reading the news, and although I miss not being able to attend the Richmond functions - it is lovely living over here.

Cheers and thank you

Shirley Heslop (Sept 2018)

I started an article a few years ago about the use of acronyms in our workplace and never finished it so I'll try again. Our workplace thrived on these, but I am hard pressed to remember many of them. The organization was once called the Workers' Compensation Board of BC (WCB) which was changed to WorkSafeBC several years ago. Old time retirees still refer to their former employer as the Board, however. Our own organization is called the WCBRA which stands for the Workers' Compensation Board Retired Employees Association, not to be confused with the West Coast Barrel Racing Association. LOL.

I remember the CRT operators (long defunct) when we had one mainframe computer at Head Office and remote terminals; the BANDA machines (long defunct) that printed the cheques. I remember Paylag, a benchmark used to get payments out on time. I also remember typewriters and dictaphones then word processors and finally PC's.

Departmental names changed over the years. You had to keep up! Assessments became the Employer Service Center. The Claims Department became Client Services. Injured workers were once called claimants, later referred to as clients. Industrial Health & Safety (IH&S) became Occupational Safety (OS). The computer department became ISD (for Information Services Department) then IT (Information Technology), which is more in line with what every other business calls their computer departments. The Personnel Department became Human Resources (HR). Our own Clinic and Residence housed hundreds of specialized staff, all of which had acronyms such as PT, DR, OT etc. I have previously written about the Clinic in our 100th Anniversary (April, May, June 2017) issue of the newsletter so don't want to repeat myself. However, when our Association has a meeting or a lunch at the offices of WorkSafeBC we still say "use old Rehab entrance at the top of the ramp". That way everyone knows which door to come in.

The jobs themselves changed, it seemed, regularly (as well as the method of performing them.) A Claims Adjudicator (CA) became a Case Manager (CM); Claims Officer (CO) became an Entitlement Officer (EO). The Pension Department became Disability Awards with DAO's (Disability Awards Officers) and the Senior Pension Adjudicators (SPAs) became Claims Adjudicators, Disability Awards, or (CADAs) or maybe it's the other way around. Employer Cost Relief Officers were called ECROs. There were STD claims LTD claims LOEs and PPDs. An injured worker had to fill out a Form 6, an employer a Form 7 and the physician a Form 8. Active files were paper at one time and kept in the various units but with the advent of digitalization, these were transferred online.

The Claims Department consisted of Units 1 through 5, and for support staff there were typists, stenographers, payment clerks, phone controls and file clerks. A lot of these positions disappeared when officer level staff got their own computers, phone calls were relayed directly to their own desks, and they started to do their own documentation. The units also had UMAs (Unit Medical Advisors), VRCs (Vocational Rehabilitation Consultants), CAs (Claims Adjudicators and COs (Claims Officers) Unit Clerks became known as Case Assistants (CAs). Secretaries became known as Executive Assistants (EAs)

The Wicket - this was the front desk reception where a staff member would greet the worker or employer and direct him/her to the right department. Significant duties were added to this position over the years, and one of our own executive members worked in that department for years. I am told there actually was an enclosed "wicket" area at one time that they worked behind, hence the name.

There was a "20 Room" where the non-active paper files were kept. Some of the old paper files contained pieces of wood or metal that actually caused the injury and were considered evidence to use in appeals. They accompanied the files through the appellate system. All of the files were later digitalized and I don't know what happened to the pieces of wood. Or pipe. File clerks disappeared. No, they weren't killed off - they were trained and placed in other jobs!

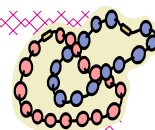
The Training Unit provided in-house training for new officer level staff covering The Act and how to adjudicate under its parameters. The Act refers, of course, to the Workers' Compensation Act.

The Appellate System was changed from 3 tiers to two. Formerly, the appeal of an injury claim was made to the external Review Board. This was changed to the internal Review Division. The 2nd level of appeal was changed from the Appeal Division (which was in house) to WCAT (Workers Compensation Appeal Tribunal), an external review. The 3rd level of appeal for medical issues, the Medical Review Panel (MRP), was disbanded. Now if you've got your mind around that, you're a lifer.

I have gone online to look at various job descriptions and departmental names under WorkSafeBC and have no idea what some of them are. But I'm as sure as Betty Crocker makes cake mixes that when the staff banded about these names, new employees were left scratching their heads thinking we were speaking in a foreign language, which I guess we were! And I always wanted to be bilingual.



- Wendy



Art Show Coordinator: Barb Charron

Telephone: 604-277-5800

E-mail: sydtika@yahoo.ca

If you can display any of your hobbies, interests or art projects at the Semi-Annual Meeting on October 28, please contact **Barb Charron** to **book a table**. She must co-ordinate this with facilities beforehand. We are hoping to have a variety of exhibits this year, and there is room for your arts and hobbies - such as **quilting**, **knitting**, **needlework**, **jewelry making**, **beading**, **small wood working projects**, **ceramics**, **making slideshows**, **cushion design**, **one pot menus**, **book self-publishing**.

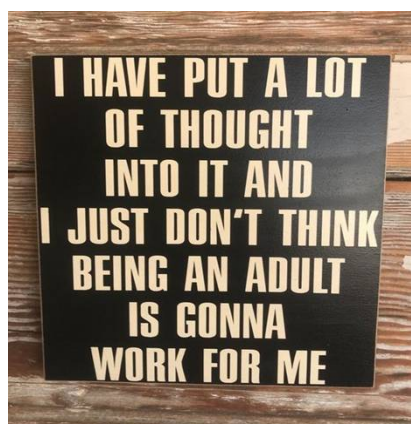
Perhaps your hobby is **ancestry information** and can share in how to access this information. Perhaps it's **flower arranging** or providing tips on **growing certain flowers** or plants. Several of you have self-published books on your travels - bring them in and let us see!

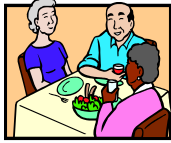
There is a tremendous talent base in our Retirees who finally have the leisure time to explore their potential.

Please share your interests with us!



VITAL SIGNS





Lunch



Social



Art & Hobby Exhibit



Meeting

Semi Annual Lunch Monday, October 28, 2019 ART/HOBBY/CRAFTS SHOW

Cost: \$18.00 per person

Price includes the Tip & Tax

Lunch Menu

Baked Chicken Breast with Mushroom Sauce

or

Grilled Wild Salmon served in a Maple Cream Sauce

Roasted Herb Potatoes

Medley of Steamed Vegetables

Tossed Spring Mix Salad & Assorted Dressings

Sun-Dried Tomato Pasta Salad

Sliced Fruit Platter/ Mini Custard Tarts/ Fresh Baked Cookies

Fresh Brewed Coffee & Tea

Prizes!

The Phone Committee will be contacting you to remind you of the date and to confirm your attendance.

If you do not receive a call from the Phone Committee, please contact **Rina Luchin** directly at 604-253-8547 and let her know that you would like to attend.

Please make *cheque payable to Carol Sallenback* and mail directly to her at:

2555 - 127th St., Surrey, BC, V4A 6J8

Money to be received by Carol no later than October 15, 2019.



Please note: for Retirees who take the Handy Dart to the luncheon, please contact **Rina** beforehand at 604-253-8547 or by e-mail at rluchin@telus.net. She will arrange for you to be allowed access from the South Entrance in the Main Building and escorted to the "old Rehab" entrance. This must be coordinated with Security.



We have been requested by *Evana Shin, Manager, Employee Benefits*, to include the following in the newsletter. She is requesting Retirees attend the association meeting on October 28, 2019 at the WorkSafeBC Richmond office to hear Nancy O'Krafka, Director, Total Rewards and HRIS, give an update on the retiree extended health plan and tips to maximize your benefits.

Stay healthy and save money with these helpful tips

1. Get connected with your Member Profile and Pacific Blue Cross Mobile

Sign in online or use the [Pacific Blue Cross Mobile app](#) to check your coverage, submit and review claims, set up or change your direct deposit information and more.

2. Use generic drugs when possible

If you are able to use a [generic version of a drug](#), please ask your doctor and pharmacist for it. This can reduce your share of the cost of the prescription drug.

3. Compare prescription costs with Pharmacy Compass

The Pacific Blue Cross' [Pharmacy Compass](#) tool is available to anyone (not just those with coverage through Pacific Blue Cross). Simply enter the drug name and your postal code to find which local drugstore has the best price and dispensing fee for your prescription medications.

4. Submit your claim on the spot with Insta-Claim

Use Insta-Claim to locate an [Insta-Claim health provider](#) that can process your claim instantly. Insta-Claim submits your claim directly to Pacific Blue Cross on your behalf, so you only pay the difference.

5. Find savings with the Blue Advantage program

Pacific Blue Cross' national [Blue Advantage Program](#) helps you find discounts on things like hearing assessments and aids, nursing services, wheelchairs, scooters and other medical equipment.

6. Locate a Preferred Pharmacy Network vendor near you

Pharmacies that participate in the Pacific Blue Cross [Preferred Pharmacy Network](#) offer lower drug costs and dispensing fees, expanded health care support and help with special authority and high-cost drugs. Preferred Pharmacy Network is available in many pharmacies, including stores like Costco, London Drugs, Safeway, and Save-on Foods.

Evana Shin

Manager, Employee Benefits, Human Resources | 604.231.8648 | 778.885.2968

WorkSafeBC

6951 Westminster Hwy, Richmond, BC | V7C 1C6



[work](#)

[safebc.com](#)



GRAPE STOMPING —well almost - by Maryanne Schulz

Our grape vines were very productive this year so before we decided to make juice. Little did we know the mess it would time it would take.



the critters ate them all create or the length of

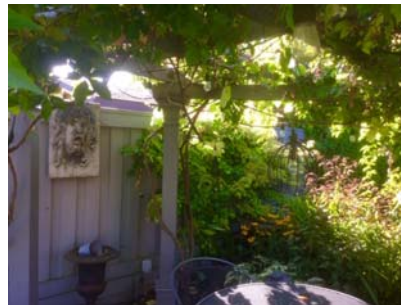
First, I dragged out the old, inherited juicer from the attic cleaning. Then we picked the grapes; great big beautiful clumps Next, the cleaning and cooking process – easy - wash the basket above boiling water and wait 60 minutes until the grapes are shriveled and brown. Voila - what you find below the basket is perfect grape juice.

and gave it a good of perfect juicy grapes. grapes, put them in the

Now you have to deal with boiling the jugs and bottles and getting them out of that very hot water without burning yourself or your partner (ahem) and aiming the juice hose carefully while tilting the container. You release a clamp and the juice flows QUICKLY, EVERYWHERE! Hot sticky grape juice squirting on the floor and down the cupboard.

SIX TIMES, we went through this process until we had filled every jug, bottle and container we owned. Some with a very little sugar for drinking and some with no sugar to be made into jelly later.

A great hot summer day activity?



Special Memorial Attention

CITROEN, Roelof (Roak)

November 22, 1934 - July 30, 2019

It is with great sadness we advise that Roak Citroen passed away July 30, 2019. While not a former WorkSafeBC employee, Roak was a faithful attendee at most of the Retiree functions over the years. Roak and Peter Hopkins were married on July 13, 2007.

A Celebration of Life will be held on November 22, 2019. Time and place will be announced in the Vancouver Sun closer to the event

Our deepest condolences to Peter, Past President of this organization, as well as newsletter editor.



Contact Us

Social Committee

Margaret Perry
mgm_cons@hotmail.com

Phone Committee

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 604-253-8547

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Newsletter Editor

Wendy Pantages
wpantages@telus.net

General Inquiries

info@wcbra.com

Updated web site

www.wcbra.com

THE “B” SOCIAL CLUB AT WORKSAFE BC allows members of the Association to participate in their sponsored “offers” and events.

PLAYLAND DISCOUNT TICKETS

WorkSafeBC 2019 Online Promotion Code is **HG3899KJ** This promotion code will enable employees (as well as retirees) to purchase discounted tickets for Playland, Fright Nights, and other special events at Hastings Park, such as Disney on Ice. To purchase tickets online, visit the PNE group sales online Ticket Program Events Web Page www.pne.ca/groupsales to purchase tickets for the event of your choice. Then just follow the on-screen instructions.

Soccer/Football: Ticket inquiries can be made to Ernest.Salcedo@worksafebc.com

Movie Tickets: Ticket inquiries can be made to Sally Melo at Sally.Melo@worksafebc.com Tickets are \$9.25 each and must be paid for at time of pickup. Inquiries can also be made to Belinha Sociedade at Belinha.Sociedade@worksafebc.com

Calendar of Events for 2019

Mon	Oct 28 Semi-Annual Meeting Lunch/Hobby/Art Show
Wed	Dec 4 Christmas Lunch at Marine Drive Golf Club



In Memoriam

CROCKETT (BERGREN), Shirley	Aug, 2019
LAWSON, Maxine	July, 2019
HAYMOND, Ted	April, 2019