

*Newfoundland & Labrador*

*50 + Federation Inc.*

*P. O. Box 407*

*Glovertown, NL*

*A0G 2L0*



**50 + FEDERATION**

# **NEWSLETTER**

**April 2018**

# **CONVENTION 2018**

**MARYSTOWN, NL**

**SEPTEMBER 11<sup>TH</sup>, 12<sup>TH</sup>, 13<sup>TH</sup>, AND 14<sup>TH</sup>, 2018**

**REGISTRATION, MEETINGS AND BANQUET – MARYSTOWN, HOTEL**

**REGISTRATION \$40.00**

**(INCLUDES BANQUET TICKET)**

**We are enclosing a Pre-Registration Form to be completed before August 20<sup>th</sup>, 2018. Clubs are asked to send, two (2) Club Members as Official Voting Delegates and any other club members who wish to attend.**

**Our Newsletters can also be viewed on the SeniorsNL web site:**

**<http://seniorsnl.ca/nl-50plus-federation/>**

## **CONVENTION EVENTS SCHEDULE**

**The Convention will be held at the Marystown Hotel, NL**

Sept. 11 <sup>th</sup>	Tuesday	Registration - Entertainment at night
Sept. 12 <sup>th</sup>	Wednesday	Meetings all day - Entertainment at night.
Sept. 13 <sup>th</sup>	Thursday	Meetings all day - Banquet at night.
Sept. 14 <sup>th</sup>	Friday	Morning Meeting only

### **FEDERATION TICKETS**

Federation Tickets are presently being mailed to the Clubs. The prize structure will remain the same as last year: **1<sup>st</sup> Prize \$ 2,500.00 - 2<sup>nd</sup> Prize \$ 1,000.00 - 3<sup>rd</sup> Prize \$ 500.00** Plus **\$1,000.00** to the club selling the 1<sup>st</sup> Prize ticket and **\$100.00** to the person selling the 1<sup>st</sup> Prize Ticket. Remember your club will receive 40% of the proceeds from all tickets sold, by their club. If your club requires extra tickets you may call our Treasurer, Kevin Throne at 709 592- 2169.

### **DONATIONS**

As usual your club is asked to donate crafts, knitted goods, preserves etc. for the **CRAFT TABLE**.

### **ENTERTAINMENT - 2018 CONVENTION**

It is our hope, to present, again this year, a variety of Songs, Skits, & Poems etc. by as many Clubs as possible. To be successful, we want you to strongly consider being a part of the entertainment. It is now time to 'GET YOUR ACT TOGETHER'.... Please let us know before the end of August, the type of entertainment you wish to provide and the time required. For more information you are ask to call Amy Farrell at 709- 279-2358.

### **CONVENTION BOOKLET**

As you are probably aware, the cost of running a convention has escalated in recent years. During the last several years the Federation has embarked upon a project to obtain sponsors for our Convention Booklet from organizations and businesses, throughout the province. They were asked to consider supporting our convention, by becoming a sponsor. Donations were acknowledged in our Convention Booklet as follows: Diamond \$ 100.00 or more Gold \$50.00 - Silver \$25.00. This project was extremely successful last year and we would like for you to contact businesses in your area, to obtain at least one sponsor, from your community, for our Convention Booklet. Cheques should be made payable to Newfoundland & Labrador 50 + Federation and mailed to Robert J. Rogers, P. O. Box 407, Glovertown, NL A0G 2L0.

## **RESOLUTIONS**

Resolutions should be received by August 15, 2018 so that they can be reviewed by the Resolutions Committee. Resolutions should be sent to Federation Secretary, Malcolm Rogers, P. O. Box 16, Trinity, Bonavista Bay, NL A0G 4L0.

## **CLUB PRESENTATION**

Voting Delegates will be given the opportunity to speak, at the convention, on any unique activities or projects of their club. It is requested that you inform President, Robert Rogers at (709) 533-6189 by August 18, 2018 if it's your intention to make a presentation.

## **NOMINATIONS AND ELECTION OF OFFICERS**

The Election of Officers shall take place at the Annual Convention in September 2018. To be eligible for any office, a member must be nominated by a voting delegate. Each Club, in good standing, may send two voting delegates to the convention. The Board of Directors of the Federation are also voting delegates.

An election this year will be held to fill the following two year term positions: **President, 1<sup>ST</sup> Vice President** and **2<sup>nd</sup> Vice President**. Directors: **Area 1** Avalon North, **Area 8** Pasadena-Port Aux Basques and **Area 9** Labrador.

**2018 Member Club Report** Most of our Clubs have registered for 2018. If your Club has not received or have misplaced the registration form for 2018, please call your President Robert Rogers at 709 533-6189 and new will be mailed to you.

**HST Rebate** Just a reminder that Clubs under the umbrella of the Newfoundland and Labrador 50 + Federation, can obtain a rebate of half the amount of HST paid by the club. If you require any further information do not hesitate to call Kevin Thorne at 709 592-2169 or Robert Rogers at 709 533-6189.

**SeniorsNL** support, promotes and enhances the well-being and independence of all older adults throughout the province of Newfoundland and Labrador through the provision of information and referral services. If you have a question or a concern, call SeniorsNL at 1-800-563-5599.

**811 Healthline** Call 24/7 for health advice from a Registered Nurse

**911 Emergency** When to call 911. If there's an immediate threat to someone's health, safety or property, call 911. Remember, don't use 911 for general information requests.

## **ACCOMMODATIONS IN MARYSTOWN AREA**

**Marystown Hotel and Convention Centre** --- 709 279-1600 - 125 Rooms - \$109 + HST

Two rooms will be reserved for each Club's Voting Delegates. Voting Delegates must confirm their reservation at the Convention Hotel before July 22, 2018 after which all rooms will be released to general accommodation. It is strongly recommended that Clubs make their reservations early to insure their accommodation.

**Braxton Suites** --- 709 357-3001 - 16 rooms - \$134 + HST for single and \$149 + HST for double (continental breakfast included)

**Burin Efficiency Suites** - 709 891-8542 - 7 units-1 bedroom \$109 + HST, 2 bedroom \$129 + HST

**Grand Fairways Resort** --- 709 826-2400 - 6 cabins - \$99 + HST

**Golden Sands** --- 709 -891-2400 - 23 units - 7 Chalet-\$150 (2 bedrooms) \$170(3 bedrooms) + HST 16 cabins- 1 bedroom \$100 and 2 bedrooms \$120 + HST (Trailer hook-up \$29.90 per night)

**Spanish Room Manor** --- B & B 709 279-0547 # 1 has 6 rooms \$125 + HST. # 2 has 15 suites \$129 + HST - full breakfast included

**Listening Hill B & B** 709 279-2359 or 709 277-2858- 4 rooms \$89.95 + HST

## **Seniors club in Pasadena still at capacity membership, with growing wait list**

### **HUMBER VALLEY SENIOR CITIZENS CLUB**

Andrew Rice knows an organization's president should sometimes expect tough questions from members, but it's the folks outside his group he finds hardest to respond to on occasion.

Rice has been president of the Humber Valley Senior Citizens Club for the last nine years.

The 50-plus club, which was established in 1972, has been filled to its capacity of 180 members for the past several of those years now. In 2016, The Western Star did a story about how the wait list to get in was at around 25.

The latest numbers have that list more than doubled to 53. It was as high as between 60 and 65, but deaths and decisions by some not to renew their memberships have brought the number back down a little.

"Is it ever hard," Rice said of knowing there are people wanting to be a part of the group's regular activities.

"I get people all the time asking me when they can get in and where they are on the list."

One of the most active, if not the most active, associations for seniors in Newfoundland and Labrador, the club does host weekly bridge, rummoli and other card games that are open to the public.

"We've always got something happening in the club," Rice said of why so many people want to be a part of it.

The club technically covers the area from Pynn's Brook to Little Rapids, but Rice said there are some members who have moved beyond that area and have maintained their membership.

Rice said an effort has been in the works to source federal funding to extend the club's 35-year-old building so it can handle around 50 more members. He noted the Town of Pasadena has been helping the club with that application process, but nothing has been arranged just yet.

"If we can get the funding it would be great, but it's not easy," said Rice. "We have the town on our side because they know Pasadena is growing and it's growing with seniors."

# ***DEPRESCRIBING***

## **Are seniors taking too many meds?**

2 out of 3 Canadians over the age of 65 are on **at least 5 different prescription medications** – some of which may cause more harm than good.

1 out of 4 Canadians over the age of 65 take **at least 10 different prescription medications**.

**Deprescribing** means reducing or stopping medications that may not be beneficial or may be causing harm. The goal of deprescribing is to maintain or improve quality of life.

**Deprescribing** must always be done with the help of your Doctor, Pharmacist or Health Care Professional.

## **Why deprescribe?**

Over time and with age, some medications can become **unnecessary or even harmful** because of side effects, drug interactions and hospitalizations.

## **Harmful effects of medication can include:**

- Drug interactions
- Falls and fractures
- Memory problems
- Risk of death

## **What can you do?**

**Ask your doctor**, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

**Educate** yourself about what medications you are taking and why.

**Engage** in a discussion with your health care provider about deprescribing options and alternate therapies.

**Learn** more about deprescribing on Canadian Deprescribing Network website:  
<https://www.deprescribingnetwork.ca/>

# RETIRED BANKERS ASSOCIATION – NL

**“Bankers without Boarders”**

## **Giving back to Society in Retirement**

By way of introduction, Retired Bankers Association is made up of a group of retired Scotiabank employees who engage in a variety of volunteer activities provincially to give back to their community the skills and experience acquired during their respective long banking careers.

One of the current focuses is creating awareness and education around Elder Abuse, especially the financial aspect. This initiative is being led by Leo Bonnell, who has been actively involved in advocating for seniors at the community, provincial and national levels over the last 10 years. Leo receives many invitations to speak at many conventions on issues aging and seniors.

Retired Bankers Association would like to have the opportunity to present a presentation to the NL Federation 50 + Clubs and other community organizations. If any club would like for Leo Bonnell, to come as a guest speaker you may ask the president of your club to contact him at (709)466-2933 for further details and to arrange a presentation date.

The Newfoundland and Labrador 50 + Federation fully supports the Retired Bankers Association in their endeavor to create awareness around Elder Abuse and we encourage all our clubs to take advantage of this invitation.

## **AUTOMOBILE INSURANCE ACT**

The following is the latest statistics of the Superintendent of Insurance and the Royal Newfoundland Constabulary on Insurance premiums, claims and motor vehicle accidents:

### **2016 REPORT OF THE SUPERINTENDENT OF INSURANCE**

#### **INSURANCE STATISTICS FOR NEWFOUNDLAND AND LABRADOR**

Total Direct Premiums (Automobile)	\$ 433,851,000.00
Total Direct Claims (Automobile)	\$ 334,774,000.00
<b>Total Profit</b>	<b>\$ 99,077,000.00</b>

25% reduction in motor vehicle accidents from 2013 to 2016 as per RNConstabulary stats:

**2013 - 4720    2014 - 4439    2015 - 3895    2016 - 3559**

We encourage our 6800 members to oppose any implantation of insurance caps or deductibles by making their views known to their Members of the House of Assembly.



# CAVENDISH 50 PLUS

## ANNUAL REPORT FOR

2017



(1)

The Cavendish 50 Plus Club had a very enjoyable year of fellowship and camaraderie in 2017.

Throughout the year we participated in various activities one of which was bowling twice a month with six teams and we have an excellent turn out and it's a great bit of fun. Our club picks up a portion of the annual fee for bowling with our members paying the balance. We also applied for a grant to supplement our bowling with extra free bowling days throughout the year.

Our club meets twice a month, with the exception of July and August, the first meeting of the month includes a business meeting where the directors and committees bring all matters affecting the club to the table for discussion and all items are voted on by the general membership. Meetings usually start with a prayer and playing rocks and rings or shuffleboard, then the business meeting and after a lunch card tables are set up or darts can be played.

The second meeting in the month is called a Fun Night and consists of games of rocks and rings or shuffleboard, cards, or darts and sometimes a pot luck dinner.

In February we again had our Valentine's roast beef dinner where the men of our club cooked it, served it and cleaned up after and it was delicious.

In March we celebrated Paddy's Day with a pot luck dinner and games after.

In April we arranged for a day in St. John's at a bowling alley where you had a choice of 5 pin or 10 pin and dinner at a Chinese restaurant after.

In June we organized a fund raising dance with Wince Coles as our musician for the evening. We also had several other fund raisers throughout the year. We sold tickets on a hand painted metal compost barrel donated by members Betty and Junior Jackson as well as a park bench made and donated by members Percy and Judy Chislett. These were great fund raisers.

August our Club took a day trip to Ferryland on the Southern Shore to the Colony of Avalon to attend the dinner theatre. Very funny and entertaining. Followed by supper at Monty's in Whitbourne.

We partnered with the Local Service District in Cavendish in applying for a grant to go towards developing a children's garden in the community. This was a great success with one of our members, Donna Bishop taking the lead in setting it up, running it with the children and harvesting the veggies with the children.

We also incorporated our Club with the Provincial Registry of Companies this year.

In September three of our members attended the annual Federation meeting in Gander. They came back with an excellent report on the activities of the event and speakers presentations. On December 7th our neighbouring club in Heart's Delight Islington arranged for an afternoon session with various government agencies to come out to their club and present on wills, public housing, and care giving. They invited all the neighbouring 50 Plus Clubs to attend as well as a general invite to the public. It was a very informative afternoon.

In October we made arrangements for Mr. Geoff Legge, a first aid instructor, to come to our Club to show us how our new defibrillator worked.

We enjoyed another pot luck supper in November along with our usual games.

We ended out our year in December by joining our neighbouring Whiteway 50 Plus Club in celebrating Christmas with them. I can honestly say "A good time was had by all".

(1) The attached photo of the three sheds in Cavendish was taken by one of our members, Phyllis Jackson, thank you.

Respectfully submitted

*Shirley George*

Public Relations



# **Children, Seniors and Social Development**

February 14, 2018

## **Nominations Invited for 2018**

### **Seniors of Distinction Awards**

Individuals, groups and organizations are invited to submit nominations for the 2018 Newfoundland and Labrador Seniors of Distinction Awards.

Now in its ninth year, the awards program recognizes and celebrates the contributions, achievements and diversity of seniors throughout Newfoundland and Labrador. The deadline for submissions is April 13, 2018.

The awards are an initiative of the Provincial Healthy Aging Policy. They also support government's enhanced focus on seniors that includes helping ensure seniors remain healthy, active, engaged citizens – living in their own homes and active in their own, age-friendly communities for as long as possible.

To be eligible, a senior must be nominated by an individual or group, must be 50 years of age or older and be a current or past resident of Newfoundland and Labrador. Nominees will be considered for both voluntary and paid work, and nominations from last year will be reviewed again this year at the request of the nominee. Posthumous awards may also be given.

For more information and to download an application, visit:  
[www.cssd.gov.nl.ca/seniors/sda/](http://www.cssd.gov.nl.ca/seniors/sda/).

#### **Quotes**

"People are living longer, living healthier and contributing to their communities, families and work lives for longer periods than in previous generations. The tremendous knowledge, skills and experience of our seniors have helped shape this province. Through the Seniors of Distinction Awards program we have an opportunity to recognize and thank them for the positive difference they made in their communities."

Honourable Lisa Dempster

Minister of Children, Seniors and Social Development

"Seniors play such an important role in our society. Through the Seniors of Distinction Awards we celebrate their knowledge, contributions to the community and lifetime of accomplishments. If you know of someone who should be recognized as a Senior of Distinction, then consider nominating them for this award."

Linda Oldford

Chair, Provincial Advisory Council on Aging and Seniors

# TRINITY NORTH 50 + CLUB INC.

## Report for 2017

*Happy New Year to all our 50 + Club.*

The Trinity North 50 + Club presently has 51 members. Over the past few years we have lost some of our very active and dear members and we really miss them. We had six new members this year and we meet the second and fourth Thursday of every month except July and August at 7:30 p.m.

We open and close our meeting with our prayer. We end the evening by selling tickets on some item made by our craft group, then we have two games of bingo and a game of 120's. Some play queens, that's followed with a lunch.

During the year we have a card game (120's) and the 1<sup>st</sup> Saturday of each month with 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> prizes with door prize most 30/60's and a boobe, plus one game of bingo with half the take. This is our monthly fundraiser.

In March we held a St. Patrick's Day Breakfast, also one on Canada Day and in August we held another breakfast for the Trinity Bay North Summer Festival, all successful.

We gave a donation to the Port Union Lions Club Santa Claus parade in which our club also had a float. We gave a donation to the Royal Canadian Legion Branch # 16 and sold \$ 600.00 worth of convention lottery tickets. Our sewing group made one quilt and sold it on tickets. A few of our members help with school breakfast program.

We attend the Caribou Bowling Lanes a couple of times a year and go to lunch after we have a wonderful time. Sometime during the year we usually visit another club and we have a club come visit us.

June we closed our meetings with our Annual BBQ and a large birthday cake for members whose birthdays are from January 1<sup>st</sup> to June 30<sup>th</sup>.

Only a couple of our members attended last year's Federation Convention as we were unable to reserve any hotel rooms. In November we had our Annual Bake Sale. On December 14<sup>th</sup> we held our Christmas Party and we were treated to a delicious hot roast beef dinner with all the trimmings (including duff) which was all prepared and cooked and served by the men of our club. They even cleaned all dishes, pots and pans. We then celebrated the birthdays of our members from July 1<sup>st</sup> to December 31<sup>st</sup> with a birthday cake. We ended the night with a couple of games of bingo (winner take all) followed by music and a dance.

Instead of exchanging Christmas gifts we donated our money and five goody bags for the residents of Shirley's Haven (a personal care home). Some of us dressed as mummers and visited the home and distributed the bags to the residents, then we danced to the music of two of our members who played earlier in the day to a carol sing along for the residents. A great time was had by all.

All in all we had a good year and the Good Lord willing we hope that 2018 will be successful and exciting as well.

*Marina Donovan*

Treasurer



## Do you paper file your taxes? Here's how to get an income tax and benefit package

Starting in January 2018, those who filed tax and benefit returns on paper last year will [automatically receive the 2017 Income Tax and Benefit Guide and forms book in the mail](#) from the Canada Revenue Agency (CRA). With this service enhancement, paper filers should have everything they need to file their 2017 income tax and benefit return without the inconvenience of having to find a printed tax and benefit package at a bank or post office.

Those who need to file on paper and haven't received a guide and forms book from the CRA by February 26, 2018, can order what they need by going to [canada.ca/get-cra-forms](#) or by calling the dedicated telephone line for ordering tax and benefit packages: 1-855-330-3305 (for service in English) or 1-855-330-3310 (for service in French). The most you can order is nine packages. This order limit ensures all Canadians will have access to what they need this tax season.

When ordering a tax and benefit package, individuals should allow up to 10 business days for delivery so they don't miss the filing deadline. For most individuals, the filing deadline is April 30, 2018.

For those who don't want to wait or need more than nine packages, starting January 8, 2018, they can access and print the forms and guide directly from [canada.ca/taxes-2017-general-package](#).

In the future, paper filers will only get tax packages directly from the CRA. However, to ease the transition to this new service, a limited quantity of tax packages will still be available in both official languages at Canada Post, Service Canada and most Caisse populaire Desjardins outlets starting February 26. Canadians will also find information to order these products by phone or online in the language of their choice in case packages are no longer available.

This is all part of the CRA's commitment to making it easier for Canadians to do their taxes, no matter how they choose to file. This is good news for paper filers, particularly those with mobility challenges or living far from a bank or post office, because they no longer have to deal with the inconvenience of finding their own tax and benefit packages.

# BURGEO 50 + CLUB

Burgeo, NL

## Annual Report 2017

Every Thursday the Burgeo 50 + Club has a card game and a dance is held every two week. All our card games and dances are open to the public 19 years and over.

In February we held a Valentine Dance and a St. Patrick's Day Dance in March with a potluck supper for members.

Tickets were sold on basket of Kitchen and Bathroom items for Mother's Day as a fundraiser in April.

In May the Club had a Mother' Day Dance and served supper of chicken and salads.

During June our 50 + Club catered to the Insurance Bureau of Canada. They talked to Seniors on abuse and other subjects. A Roast Beef Dinner was served.

Had our closing for the summer months.

Celebrations were held July 1, at the park for Canada Day, with games and cake. We also sold hamburgers, hotdogs, water and pop. The day was complete with a Bingo game.

The Club catered to two Breakfasts at the Community Sand and Sea Festival.

A Halloween Dance was held during October and a speaker from the Bank of Nova Scotia addressed the Club on seniors' benefits.

Members of our Club took part in November's Remembrance Day Service by laying a wreath at the War Memorial. A Bean Supper and Dance and TV Bingo was held during the month.

In December a Christmas Party was held with Secret Santa, supper and dance.

*Owen Marsden*

President

# WHALEBACK SENIOR CITIZENS CLUB

Kippens, NL

## Annual Report for 2017

Our Club continued to hold bi-monthly dances throughout the year as weather permitted, with music by Austin and lunches served later in the evenings.

At the meeting of October 3<sup>rd</sup>, our President, Regis, introduced guest speaker, Debbie Brake Patten, Mayor of the Town of Kippens.

Mayor Patten spoke for several minutes, stating that our Club was important to the Town of Kippens. In answer to a question from the floor, she agreed that the Town could get a younger person to shovel off and salt steps on winter dance evenings. She said the Town would apply for a Government Grant for the building to be updated as an emergency shelter for seniors.

Election of Officers was held on November 7<sup>th</sup>, conducted by Teresa Duffenais, President of the Seniors Club of Stephenville.

President	Regis O'Quinn	Re-elected
Treasurer	Bonnie Power	Re-elected
Secretary	Martin Dolan	Re-elected
Vice President	Antoinette Aucoin	Elected
Director	Austin Alexander	Elected
Director	Nancy Dolan	Elected

The Club held a New Year's Eve Party at a cost of \$ 5.00 per person and pizza was served at 10:00 p.m. A good time was had by all.

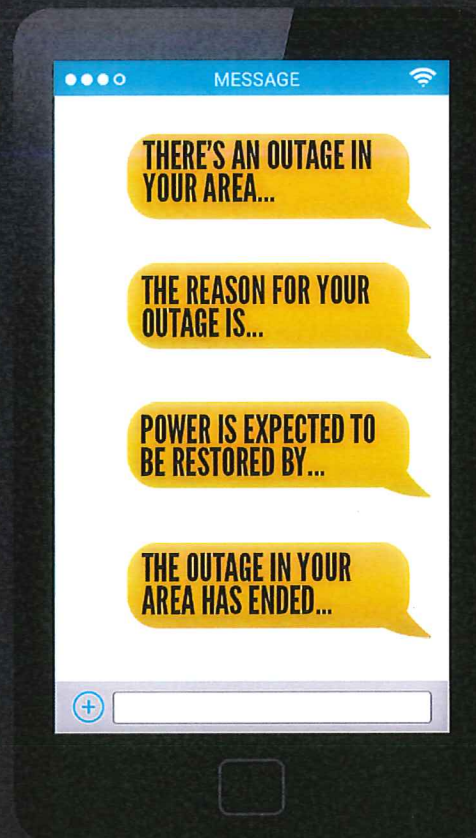
Date: March 2018

*Martin Dolan*  
Secretary

*Regis O'Quinn*  
President



# STAY INFORMED WITH **OUTAGE ALERTS!**



## Let Us Keep You Informed

It's important to stay connected with our customers, especially during power outages. Outage Alerts enable us send texts and/or emails directly to you when an outage is affecting your neighbourhood. Outage Alerts are used in addition to our other forms of outage communications such as website and telephone.

## It's Easy To Sign Up

**Phone:** Sign up for text alerts by texting REG to 63797 (NFPWR). You will need your 10-digit Newfoundland Power account number (found on your electricity bill) and the last 4 digits of a phone number listed on your account.

**Online:** Log into your Newfoundland Power *My Account* to sign up for text and/or email Outage Alerts. You can add multiple mobile numbers and/or email addresses to any account.

Should you want to speak with someone in person, we have a fully staffed local Call Centre ready to address any inquiries you may have.

We are here to help if you need us.

# SIGN UP TODAY!

[newfoundlandpower.com](http://newfoundlandpower.com)  
1-800-663-2802

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We'll be there.

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**POWER**  
A FORTIS COMPANY





*Newfoundland and Labrador  
50 + Federation Inc.  
P. O. Box 407  
Glovertown, NL  
A0G 2L0*

## ***Change In Club Executive 2018***

Club Name \_\_\_\_\_  
\_\_\_\_\_

President's Name: \_\_\_\_\_ P. O. Box \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Secretary's Name: \_\_\_\_\_ P. O. Box \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Treasurer's Name: \_\_\_\_\_ P. O. Box \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

*Return this form to: Robert J. Rogers  
President  
Newfoundland and Labrador  
50 + Federation Inc.  
P. O. Box 407  
Glovertown, NL A0G 2L0*

*Newfoundland and Labrador  
50 + Federation Inc.*

*Pre-Registration*

Please accept the following persons as Voting Delegates to the **Annual General Meeting** of the Federation at Marystown, NL.

During September 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 2018

A Pre-Registration FEE of \$ 40.00 for each delegate **AND THIS FORM** must be sent to:  
**Kevin Thorne, Treasurer, P. O. Box 99, 11 Pond Side Road, Chapel Arm, NL A0B 1L0**

Before Aug 20<sup>th</sup>, 2018.

CLUB \_\_\_\_\_  
\_\_\_\_\_

**These are the 2 voting delegates selected by our Club**

Person's Name: \_\_\_\_\_

Alternate: \_\_\_\_\_

Person's Name: \_\_\_\_\_

Alternate: \_\_\_\_\_

The names of other persons from our club who will be attending the Convention are as follows and a \$40.00 registration fee for each of them is enclosed.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_