

# Many Nations News

Your Pension, Insurance, and Investment News Source



## Spring/Summer 2006 Issue

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Many Nations Financial Services Ltd. • Many Nations Benefit Co-operative Ltd.



## Protecting Your Future

### Many Nations Multi-Employer Pension Plan

We were the 'first' and are now the largest Multi-Employer Pension Plan in Canada. This plan combines over 160 large and small First Nations organizations from across Canada, coast to coast. The Multi-Employer Pension Plan has assets totaling over \$80 million. This growing value translates into economic power resulting in more competitive pricing - we pass the savings on to "YOU", the member.

The plan is a defined contribution plan offering employees a wide variety of "no load" investments.

Many Nations Multi-Employer Pension Plan follows all rules and regulations required in the new Canadian Association of Pension

Supervisory Authorities Guidelines.

Many Nations Pension Committee bears fiduciary responsibility for overseeing and administering the pension plan in accordance with legislation set out by Canada Revenue Agency (CRA) and by the Office of the Superintendent of Financial Institutions (OSFI).

Many Nations Pension Committee files all Pension Annual Information Returns on behalf of the membership. This reduces the employer's responsibility and due to the size of the plan saves the employer on per member fees.

Many Nations assists in the completion of applications for Band Employee Benefit Funding.

## Many Nations Multi-Employer Benefit Plan

**In our effort to continue our goal to provide the most culturally appropriate employee benefit solutions for First Nations, we are pleased to introduce our new benefit plan.**

**Some of the highlights include:**

**\*\*New\*\*** 80% income replacement for Short Term and Long Term Disability / non-taxable for Status employees earning tax free income

**\*\*New\*\*** Traditional Wellness / Herbal Medicine

**\*\*New\*\*** Remote Travel Coverage

Coverage available can include: Life Insurance, Accidental Death Dismemberment and Specific Loss (AD&D), Dependent Life, Critical Illness, Short Term Disability, Long Term Disability, Health Insurance, Travel Coverage, Vision Care, Dental Care, Employee and Family Assistance Plans.

*"The strength of Many Nations protecting our future"*

### Our Mission:

*"Our mission is to assist our customers and members in achieving the best possible culturally appropriate solutions for their needs in pensions, employee benefits, insurance, retirement planning, and risk management."*

## INSPIRATIONAL

“Seek Wisdom, not Knowledge. Knowledge is of the past, Wisdom is of the future.”

*Lumbee saying*

### Many Nations Statistics

- Nationwide representation
- 300 First Nation organizations
- \$150M in pension assets
- Over 7000 pension plan members
- Regular on-site service

## Many Nations



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[www.manynations.com](http://www.manynations.com)

# Stress Management and Your EAP

(Employee Assistance Program)

## Part One of a Series on Stress Management

We all suffer from stress in our lives. Sometimes it's work-related, sometimes it's events in our personal lives that make us anxious and preoccupied. It can get so overwhelming, you may find it hinders your ability to do your job effectively.

The good news is that help is available and easily accessible through your employee benefit plan. EAPs (Employee Assistance Programs) offer 24-hour counselling services. When you call your EAP provider's toll-free number, you will be connected with a qualified counselor. Depending on your preference and your needs at the time of your call, you can make immediate use of the counselling services, make an appointment for further counselling, or utilize web-based services.

EAP counselors can address a wide variety of health concerns, including:

- Emotional/physical/psychological problems
- Workplace issues
- Physical & sexual abuse
- Addictions (including drugs, alcohol, smoking, & gambling)
- Family and/or marital problems
- Bereavement & loss
- Harassment
- Aging parent concerns

- Single parenting issues
- Trauma, grief, & crisis

The counselors available include professionals in the fields of psychology and clinical social work. You can access counselling by phone, face-to-face, or web-based services – whatever works best for you. Everything is completely confidential.

Check your employee booklet or ask your plan administrator if an EAP is part of your group plan. If you're an employer and would like information about adding an EAP to your employee benefit coverage, contact Many Nations at 1-800-667-7830.

Don't let stress overwhelm you. It can be managed, and use of an EAP can be an effective tool in helping to control it. Before you let stress debilitate you, reach out for the help you need – remember, it's the EAP counselor's job to get you through your difficult times. It's worth the effort to make the call and get your life back on track!

*Source – Warren Shepell 2005*

### ***In our next newsletter...***

When it's more than "just" stress  
– How to recognize the signs of depression

## Education & Development

Many Nations has established a scholarship fund with the First Nations University supporting the education initiative and encouraging their students to choose careers in the areas of Finance and Accounting. We would like to congratulate this year's winning recipient, Tally Dufour. Tall is shown here accepting this bursary from Herb Strongeagle, Many Nations Board Member.



# Naming Beneficiaries

## Pay Attention to the Details!

Have you named a beneficiary on your individual or group life insurance policy? If you're not sure, check your policy document or your employee statement.

If you have – great! However, there are a few details you should be checking even if you have designated a beneficiary.

Make sure names are spelled correctly and are up-to-date. If you named your common-law spouse as beneficiary 2 years ago and she's now your wife, you need to complete a Change of Beneficiary form to change the relationship to you (the insured). If your new spouse changed her name, you need to report that as well. Insurers don't assume these changes!

If you have named minor children as beneficiaries, make sure you have also named a trustee. *Don't assume your closest living relative, spouse or other, will be in control of the benefit proceeds* – that is simply not the case. Neglecting to name a trustee can lead to costly legal fees and court cases – you want your money to go to your kids, not to lawyers or the government!

Remember, the trustee will control the distribution of the proceeds, so he/she needs to be aware of your wishes in the event of your death. You should first ask the person you want if they are willing to take on this duty towards your children – not everyone is prepared for the responsibility. Also, name only one person as trustee. Naming more than one individual can lead to disagreements about the distribution of the funds. Most importantly, the trustee should be someone you trust implicitly and who has your children's best interests at heart - so choose wisely.

It's a good idea to name a contingent beneficiary, in the event you outlive your primary beneficiary. For example, if you and your spouse (your primary beneficiary) are both involved in a fatal accident, your contingent beneficiary would receive the policy proceeds. However, naming a contingent beneficiary doesn't mean you should neglect keeping your designations up-to-date! If your primary beneficiary predeceases you, review and change your designations.

If you are naming more than one beneficiary, take the time to indicate the percentage of the proceeds you wish to have each beneficiary receive. If you do not specify, the insurer will allot the proceeds in equal shares upon your death. Even if that is the way you want the benefit divided, it is still a good idea to clarify the percentages in writing. And always name each person individually – do not use generalities such as “my children”.

Finally, make sure your designations are written out clearly, on the appropriate form, and signed and dated by yourself. Try to avoid using “white-out” or making un-initialed alterations to your written designations. Messy or confusing designations can lead to problems and delays in the event of a claim.

If you need Change of Beneficiary forms, or want us to check your beneficiary designation, please contact Many Nations' Customer Service Representatives for assistance at 1-800-667-7830.

## NEWS AND NOTES

Thank you for ensuring the Aboriginal Financial Officers Association of Canada (AFOA) conference was a huge success for us. We appreciate all your feedback on the unveiling of our “new look”.

**Please be sure to visit us at the AFN conference in Vancouver, B.C. on July 11 - 13, 2006**

Congratulations to Beverly Littlechild from Ermineskin Tribal Enterprises and Randy Bordeur from Tl'azt'en Nation, our digital camera winners!



# AT YOUR SERVICE!

## Many Nations Regional Representatives

### British Columbia:

Denis Aubrey  
Dan Conway  
Graham Cope  
Brian Michnik  
Randy Potskin

### Alberta:

Larry Hackel  
James Malec  
Nick Westman

### Saskatchewan:

Dwayne Fedoriuk  
Larry Hackel  
James Malec  
Eric Shearer

### Manitoba:

Chris Maxfield

### Ontario:

Dean Botchar  
Chris Maxfield  
Watson Parojcic Benefit  
Consultants Inc.

### New Brunswick:

Owen Dickie

## Meet Randy Potskin

Regional Representative, British Columbia



Randy has been in the insurance and investment industry since 1997. He lives with his family in Prince George, British Columbia. His main focus is to work with First Nations organizations to build strong employee benefits, and assist families in planning for

a secure financial future. Having three young children, he understands the importance of financial planning.

He is also an avid sports enthusiast with involvement both as a player and a coach. Randy is the president of the Canadian Native Fastball Association (CNFA) and is very involved in his community.

Randy is a First Nations person with a goal to bring clarity to the community.

## Meet the Staff at Many Nations...

We are pleased to introduce three new staff members at head office:

**Andrea Myhre,**  
Finance Officer/Renewals Assistant

**Laura Nickols,**  
Customer Service Co-ordinator

**Wendy Whitebear,**  
Executive Assistant

## Some of Our Products & Services

### Employee Pension Plans

Many Nations offers you a choice. You can choose to become a member of the largest First Nations Multi-Employer Pension Plan in Canada, or you may choose to manage your own pension plan. Membership in our Multi-Employer Pension Plan is presently over 4,200 members. Due to the size of the Pension Plan, we negotiate lower management fees and we pass the savings along to you, our members.

### Employee Benefit Plans

- Life Insurance
- Accidental Death and Dismemberment Insurance
- Health and Medical Insurance
- Short and Long Term Disability Insurance

- Dental Insurance
- Vision Care
- Employee and Family Assistance Programs

### Additional Services

- Individual Life and Disability Insurance
- Investment Services and Products
- Critical Illness – Individual/Group
- Coverage for Chief and Council
- Personal Financial Planning

### Superior Customer Service

We have qualified, licensed agents serving aboriginal communities, organizations and individuals all across Canada. Call Many Nations toll-free at 1-800-667-7830 to speak with a Service Representative in your area.

### We want to hear from you!

Send us your comments, suggestions, an article, announcement or picture for possible publication in our Fall issue.

Let us know – your ideas matter!

### Many Nations ensures that its members are prepared and protected for their future.

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