

ON GUARD

NATIONAL ASSOCIATION OF FEDERAL RETIREES NEWSLETTER



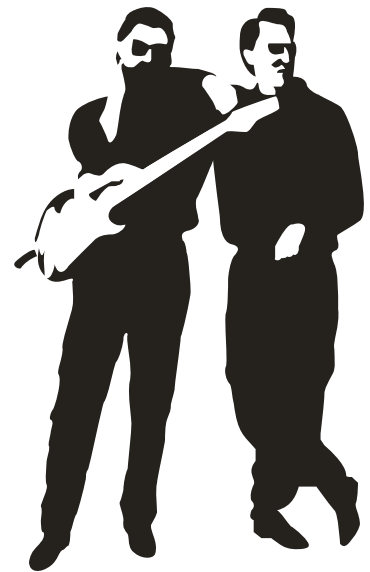
The Ottawa Valley Branch Report

Sensational Seniors

I was just surfing around the 'Zoomer' website looking for editorial inspiration and it started me thinking about all the amazing, bright, talented and fit people I know over 60. 'Zoomer' is the reincarnated 'CARP 55 Plus' magazine and association. Now that it's been taken over by Moses Znaimer, it's been rechristened as 'Zoomer' and includes all 'baby boomers' so they can appeal to everyone over 45. I'm a boomer from the older end of the scale - born shortly after the war - but I digress.

This article is written for those of us that stay in Eastern Ontario for the winter...with maybe just a short trip for a few weeks down south. This is for the hardier ones of us that love winter and chose to stay around. Looking around my own part of the world, I'm proud to say I know lots of 'over 60s' who ski regularly, downhill and cross-country, play in curling leagues, skate, dance, cycle - both motor and bi-, hike with the Rideau Trail, sing with one or more of the many community choirs, belong to live theatre groups, play music either in a classical group or blues and rock or maybe they're versatile enough to play in a couple of different groups, those who work in visual arts, those still happily running businesses and those who volunteer for any number of causes and groups that are so important to our quality of life in this wonderful part of the world.

We are all very wise to keep busy, physically and mentally. We are an inspiration to each other for those times when we just want to curl up with a cup of tea and a book (which is a good thing as well...but not too often) but instead go to the gym or for a long walk in the sunshine. For those of you that spend the winter down south, you don't know what you're missing!





Annual Membership Renewal

Membership Chair, Larry Palmer, reminds everyone that memberships are now renewed at the end of December annually, not on the anniversary of your taking out a membership. Larry has sent membership cards to everyone on our list who is not on DDS, so if you haven't sent him your membership dues...or filled in a form for Dues Deducted at Source...please do so now. You don't want to lose any of the benefits of membership. If you did not receive your card from Larry, please contact him at 613-267-5410 or lpalmer1938@hotmail.com.

Our thanks to all of you that have signed up for DDS. It makes the job so much easier for the Board.

Condolences

The Board of Directors send our sincere condolences to members who have recently lost a loved one.

We would appreciate being notified when a member or a spouse has passed away.

*We don't receive wisdom; we must discover it ourselves
After a journey that no one can take us on
Or spare us.*

Marcel Proust

Ottawa Valley Branch 2009 Board of Directors

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