

# ON GUARD

NATIONAL ASSOCIATION OF FEDERAL RETIREES NEWSLETTER



## The Ottawa Valley Branch Report

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### 2009 AGM set for Wed. Sept. 16 in Perth



Your OVB Board of Directors is starting to make plans for this year's Annual General Meeting to be held in Perth on Wednesday, Sept. 16 at the Perth Civitan Club.

As in past years, there will be morning refreshments to start the day and a light lunch at noon. This is your chance to get together with other retirees in our area, learn what your branch has been doing, hear a good speaker and elect our Board of Directors for the following year.

Details will follow closer to the date.

### New look for OVB website



Behind the scenes, lots of activity has been going on regarding your branch website. Our webmaster of many years, Joe Zarb, was working, travelling all over North America and maintaining our web presence. Joe has taken a well-deserved break and our new webmaster, Steve Fahie, has refreshed our look and added more links for your convenience.

This is a fast way to access information regarding your FSNA membership, your branch, news and information at the national level, links to some seniors organizations, health information, as well as sites linked to entertainment, recreation and sports in our area.

And, best of all, we have a new and easier-to-access web address: [www.fsnaottawavalley.ca](http://www.fsnaottawavalley.ca). No longer do we need to go through our previous host site, we go directly to our own webpage. For those of you that have the address listed in your 'favourites', please change the address to our new one. Our previous host has been good enough to reroute from our old address for three months.

New Branch website address  
[www.fsnaottawavalley.ca](http://www.fsnaottawavalley.ca)

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## You and Your Survivors - an indispensable workbook

Do you have a copy of '*You and Your Survivors*' workbook?  
If so, have you filled it in?



This invaluable workbook is intended to guide pensioners who are reviewing their estate and survivors who are assuming an estate.

It covers:

- Estate Planning including living wills, joint accounts, transferring assets upon death;
- Providing Information for your Survivors and Executor;
- Providing Adequately for your Survivors;
- Your Survivors and their Entitlements;
- Other Sources of Information, Advice and Assistance;
- and many forms to help organize your assets.

Within each section you'll find detailed information to guide you through estate planning as well as forms, when completed, to let your survivors and Executor know about your estate, your financial arrangements, your wishes, who to contact, and what to do. This is especially important if you have no survivors, or friends that you have confided in as to your wishes.

Make a note in your will where the workbook is kept to ensure that the persons winding up your estate will be able to find the documents when the time comes.

If you don't have a copy of '*You and Your Survivors*'  
and would like to know how to get one, contact:

FSNA National Office  
1052 St. Laurent Blvd.  
Ottawa ON K1K3B4  
Telephone: (613) 745-2559  
E-mail: [info@fsna.com](mailto:info@fsna.com)

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## PLEASE LET US KNOW--SO WE CAN KEEP YOU INFORMED

### Address change:

Keeping track of FSNA members who move to a new location is a continuing problem for all FSNA branches. Members who don't keep FSNA informed of address changes do not receive FSNA mail, and risk not being informed of important membership news and benefits. As a member of the Ottawa Valley Branch of FSNA, you can help by notifying your branch whenever you move. Use the form below for address changes.

Member's Name: \_\_\_\_\_

Membership number (from FSNA card): \_\_\_\_\_

New Address: (No., Street) \_\_\_\_\_

City, Town: \_\_\_\_\_ Postal code: \_\_\_\_\_

New telephone no.: \_\_\_\_\_ E mail \_\_\_\_\_

### For your survivors:

(Keep this form in the "You and Your Survivors" workbook.)

For members who have dues deducted from pensions, the government notifies FSNA when deductions have stopped, but the Privacy Act prevents the government from notifying FSNA that the member has died. (There may be other reasons why deductions have stopped). When members who pay dues each year pass on, it's up to their survivors to let FSNA know. Mail sent by national office is returned to the sender, and left to our branch to find out. Please ask your survivors to fill in and mail this notice to:

Larry Palmer,  
Membership Chair,  
FSNA Ottawa Valley Branch,  
R.R. 4, Christie Lake Road  
Perth, Ontario  
K7H 3C6

### Notice of Death

To FSNA Ottawa Valley Branch:

I regret to inform you that \_\_\_\_\_, a member of  
FSNA Ottawa Valley Branch, died on \_\_\_\_\_.

Please amend your records accordingly and inform the National Office of FSNA.

Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_



## On the Lighter Side

On a Plumber's truck: "We repair what your husband fixed."

At a Towing company: "We don't charge an arm and a leg. We want tows."



Summer festivals abound in our area -  
get out there and enjoy them!

### Ottawa Valley Branch 2009 Board of Directors

**President** – Jim Piché – 613-267-9669 – campic@storm.ca

**Past-President** - Len Johnston – 613-283-6323 – leonardohnston10@sympatico.ca

**Vice-President** - Arthur Etkin – 613-260-9497 – abetkin2@sympatico.ca

**Treasurer** – Doug Schoular - 613-253-8847 - doug\_pat@sympatico.ca

**Secretary** – Lynda Smith – 613-267-8221 – smithl@superaje.com

**Membership** – Larry Palmer - 613-267-5410 - lpalmer1938@hotmail.com

**PSHCP/PDSP**– Ed Rockburne – 613-264-8372 – erockburne@cogeco.ca

**Bylaws & Resolutions** – Arthur Etkin – 613-260-9497 – abetkin2@sympatico.ca

**Branch Report** – Judy Buehler – 613-326-0106 – goodlife@rideau.net

**Webmaster** – Steve Fahie - 613-839-1359 - steve@mississippiphotographic.ca

**Marketing & Recruitment** – Larry Gray – 613-253-2006 – landgg@sympatico.ca

**Director-at-large** - Bill Irwin – 613- 267-9972 – billsyboysy@yahoo.ca

**Director-at-large** - Chuck Parent - 613-692-0537 - bcparent@sympatico.ca

**Where to find us: FSNA Ottawa Valley Branch**  
[www.fsnaottawavalley.ca](http://www.fsnaottawavalley.ca)