

The Ottawa Valley Branch Report

Over 80 members attend 2009 AGM

Informative presentation and displays, great food and super door prizes make for a successful AGM.

Health care was the theme of the displays. Liane and Diana from **Lanark County Geriatric Mental Health Association** talked to many members about the resources their organization provides to our community.

If you're having difficulty managing at home or in your community due to mental health issues, ask your family doctor for a referral. If you have any

questions about their services you can call for more information - 613-283-2170.

Louise Noble from the **Alzheimer Society of Lanark County** distributed handouts and talked of their day programs, support groups and volunteer program. Referrals to the Adult Day Service can be made by families, friends or health care professionals. To arrange for a home visit call 613-264-0307 or 1-800-511-1911.

Community Care Access Centre also had an information table where Becky Phillips explained how this umbrella organization works. They are there to help you

make informed choices about managing your health care - from nursing and personal support to speech-language therapy or respite care. You can contact them in Carleton Place at 613-253-9000 or in Smiths Falls at 613-283-8012 or 1-800-267-6041.

Guest speaker, Constable Angie Atkinson, gave a timely presentation on 'Drive Wise'. Her humour kept us alert after a big lunch and made some of us realize that we've picked up some sloppy driving habits the last 50 years!

Search for New Board Members

Your Branch Board of Directors is once again searching for new members. In the past, many of you have come forward to sit on the Board and it has given us a great mix of skills. However, we never stop looking. Your skills learned while working for the Government of Canada may be just what the Branch needs to continue our efforts to protect the interests and enhance the benefits of FSNA members in the Ottawa Valley. If you can spare a few hours a month to make your Branch more effective ... and have some fun at the same time ... contact Jim Piché at 613-267-9669, or Chuck Parent at 613-692-0537 (bcparent@sympatico.ca).

2008 Income and Expense Statement and 2008 Statement of Members' Equity

Due to postal regulations we are not able to include the two above statements. If you would like a hard copy, please contact Treasurer, Doug Schoular at 613-253-8847, doug_pat@sympatico.ca To view them online, go to 'Branch News' on our website.



Membership Renewal

Thanks to all of you who have either renewed your membership at the AGM or chosen to go with Dues Deducted at Source.

Please Note: Memberships are due for renewal at the end December, not on the anniversary of when you joined...so if you haven't renewed your membership ...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 Membership Chair, Larry Palmer, or want more information on DDS please contact him at:

613-267-5410 or lpalmer1938@hotmail.com.

Please mail your membership cheque to Treasurer, Doug Schoular at:
216 Dunham St., Carleton Place, ON
K7C 4N3

Ottawa Valley Branch 2010 Board of Directors

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

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

Vice-President - Chuck Parent - 613-692-0537 - bcparent@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

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

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

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

Where to find us: FSNA Ottawa Valley Branch
www.fsnaottawavalley.ca
