

ON GUARD

NATIONAL ASSOCIATION OF FEDERAL RETIREES NEWSLETTER



The Ottawa Valley Branch Report



A packed house enjoy OVB's 2010 Annual General Meeting

One-hundred and thirteen FSNA members packed the Perth-Upon-Tay Legion on Sept. 15 to hear of FSNA's yearly activities, locally and nationally, pick up important information on nutrition and exercise and enjoy a great lunch.

Richard Poersch, National Director for Ontario and Nunavit, spoke on our national office's advocacy, including pension surplus. Unfortunately, as we learned on October 19th, the Ontario Court of Appeal dis-

missed our appeal. FSNA will meet with its co-plaintiffs to discuss possible courses of action. Regional Services Officer, Jules Arbour, conducted the election of officers, with Ed Chenard of Perth being elected as a new officer. A full list of the Board of Directors and their portfolios can be seen on next page.

Shelley Graham and Sylvia Rous of the Perth and District Hospital Speakers' Bureau, filled us in on the best choices for staying healthy in our retirement. Nutritional choices are

very important and you must read the labels carefully. Watch for high levels of sodium and all manner of sugars. If time permits, start cooking meals from scratch. The easiest way to start getting exercise is to walk...either alone or with a walking buddy. Most of our communities have seniors' exercise programs, including tai chi and yoga. If you're the social type, get out and join a group to exercise or walk, as this interaction is great for your mental health as well.



Membership Update

The Ottawa Valley Branch currently has 1,581 members, which includes some new members who have transferred from other branches as well as recent retirees.

Reminder to non-DDS members: 2011 membership dues are due by Dec. 31. You should have now received a notice from our Membership Chair. Please consider signing up for Dues Deducted at Source, which saves our volunteers many hours of work.

Effective May 2010, all regular mail for the Ottawa Valley Branch of FSNA should be sent to the following address:

FSNA Ottawa Valley Branch
Attn: (Board of Director's name or office, such as
Treasurer, Membership, President, etc.)
P.O. Box 20133
Perth, Ontario
K7H 3M6

Email may be sent to fs.na@hotmail.com

Ottawa Valley Branch 2010/11 Board of Directors

President – Chuck Parent - 613-692-0537 - bcparent@sympatico.ca

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

Vice-President & Membership - Steve Fahie - 613-839-1359 - fs.na@hotmail.com

Treasurer – Doug Schoular - 613-253-8847 - doug_pat@sympatico.ca

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

Ass't Membership - Larry Palmer - 613-267-5410 - lpalmer1938@hotmail.com

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

Report Editor – Judy Buehler – 613-264-8856 – goodlife@ripnet.com

Webmaster – Steve Fahie - 613-839-1359 - fs.na@hotmail.com

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

Director-at-large - Ed Chenard - 613- 264-0678 - mechen@storm.ca

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