

ON GUARD



The Ottawa Valley Branch

Report from our Regional Director, Bob Gayner

After a first year as your Regional Director for the Ottawa/St. Lawrence Region I am able to report that your Association is in extremely good shape as our numbers rise substantially and our finances remain strong.

I assume that you will be aware that our Immediate Past President Rex Guy had to undergo radical surgery in late July. Reports are that Rex is recovering well. At this point I have no further details.

I am hopeful that by the time you read this there will be news elsewhere on the renewal of our Public Service Health Care Plan. The terms will, I believe, be acceptable to most of us, given the five and a half years we have enjoyed under the old plan without a raise in our dues while pharmaceutical and hospital costs soared. Congratulations are due to our negotiating team for getting us

through a complex process as well as they have. Particular praise is due to Jean-Guy Soulière who had to take over from Rex Guy as our spokesperson when Rex had to undergo surgery.

At the convention last summer much was made of the fact that your new national board was made up of all new regional directors and an executive suite who but for one RD were new in their jobs. But there is a

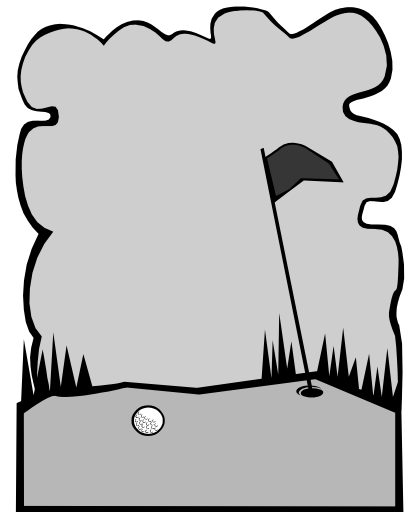
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Ottawa Valley Branch supports Canadian Heartland Rural Emergency Health Care Fund

The Ottawa Valley Branch is supporting the 1st Annual Canadian Heartland Golf Tournament – of which revenues generated will go towards MP Scott Reid's Canadian Heartland Rural Emergency Health Care Fund.

This fund is used to purchase defibrillators and provide CPR training for underserved areas of Lanark-Frontenac-Lennox & Addington (LFL&A) Riding. A good portion of the riding falls within the FSNA Ottawa Valley Branch area.

We are sponsoring the Chipping Hole Prize this year for \$500.00.



A message to all OV branch members from your membership chair

I am currently updating our database and find that we still have many returned envelopes from the mailing we sent in August to advise our members of the Annual General Meeting which was held on September 14 in Carleton Place. We are still disbursing funds for postage and printing for these members.

Therefore, it would be appreciated if all members who have a change of address, telephone number or a change in marital status advise the Ottawa Valley Branch or the National Office of these changes. This information is required to keep our database current as well as save us money.

Should you wish to contact me, you can do so by

e-mail at:
stang_1@sympatico.ca,

mail at:
86 Colonel By Crescent,
Smiths Falls, Ontario K7A
5B6

or by telephone at:
284-1840.

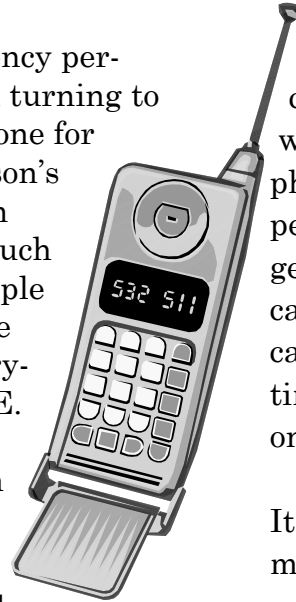
To those members who thoughtfully sent me their change of address, "Thank You".

*Anita Stang
Membership Director*

In case of emergency: ICE your cellphone

Recently, emergency personnel have been turning to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.

ICE stands for In Case of Emergency. If you add an entry in the



contacts' list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly.

It only takes a few moments of your time to do.

• Protect yourself against scams and frauds

- In a recent issue of *CARP ACTION*, there was an article listing many ways we can protect ourselves against scams and frauds. With permission from CARP, we have listed a few below:
- Be vigilant and understand the role you play in preventing identity theft.
- Do not give out personal information over the phone, through the mail or on the internet, unless you have initiated the contact.
- Minimize the amount of identification you carry – e.g. SIN card, birth certificate.
- Keep items with personal information in a safe place or invest in a shredder to destroy receipts, credit applications, bank statements, insurance forms, credit offers, blank cheques, etc.
- Pay attention to your billing cycles and follow up late or missed statements
- Check your bank account and credit card statements regularly for any suspicious transactions.
- Try to make sure your credit card is swiped in front of you.

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Regional Director's Report, continued

(Continued from page 1)

good deal of continuity in the board in that all the executive group are former RDs except for me.

Perhaps more important is the thought that after two meetings of the national board I have a strong impression that this board is looking for a smooth transition as we move into a new era that will have many features:

- a new executive director, as Jean-Guy leaves us
- a strong program for marketing our association and recruiting new members.
- the challenges and opportunities that lie ahead of us, as the many 'Baby Boomers' retire over the next two, three and four years. (This will, we hope, involve more activity at the branch level in the process of direct contact with current employees.)
- a fresh assessment of the way the association operates and is managed, in view of new government approaches to the ways that 'not for

profit organizations' like ours operate. (The emphasis here is on the fiduciary responsibility of the national directors.)

- there is also a need, perceived by many on the board, to introduce new management and operational techniques as our association grows to such numbers as to make the, heretofore family atmosphere, harder to maintain
- the forthcoming federal election campaign is being seen as an opportunity for FSNA to raise its profile among political candidates and again this should provide opportunity for activity at the branch level. (Your new national board sees improved public awareness of who we are and what our aims are as a strong imperative.)

As your Regional Director, I would encourage all of you who might be interested in any of these activities to phone or email our branch office to register your availability.

Bob Gayner

Scams and frauds

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- Cancel unused credit cards; don't just destroy them.
- Be cautious of trades and repair people coming to your door - don't let them in if you don't know them.
- Don't sign contracts on first meeting - or give money.
- Check with your police fraud squad for licenses or references.
- Be aware of the cooling off period to cancel contracts.
- Don't be afraid to ask lots of questions.
- Be paranoid, be rude, hang up, if a call is suspicious or aggressive.
- Have a plan for when your physical and mental health deteriorates in order to be in control of your affairs.



Improved Medical Expense Tax Credits

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As you may know, the Medical Expense Tax Credit allows individuals to claim a portion of their paid medical expenses to reduce their tax payable to Ottawa. Renovations and structural changes to a home to improve access for a person with a mobility impairment are listed as an eligible expense for the Tax Credit.

This information is detailed

in the Canada Revenue Agency's publication, *Medical Expense and Disability Tax Credits and Attendant Care Expense Deduction*. Section 54 of this information circular deals with home alterations and provides general direction on which renovations can be claimed.

The publication can be obtained by contacting the Agency's Forms and Publications line at 1-800-959-2221.



(Note from OVB On Guard Newsletter Editor: There was a website address listed in the CARP item but I could not get it to load, nor could I find the information on the Agency's website, therefore I have only included the phone number in this article.)

For information on the eligibility of a specific renovation, contact the Agency's General Enquiries line at 1-800-959-8281 or, if you require Teletypewriter services, call 1-800-665-0354.

Ottawa Valley Branch 2005 Board of Directors

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

Past-President & Treasurer –

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

Vice-President & Membership –

Anita Stang – 613-284-1840 – stang_1@sympatico.ca

Secretary – Lynda Smith – 623-267-8221 – smithl@superaje.com

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

PSHCP – Gerry Stang – 613-284-1840 – stang_1@sympatico.ca

Bylaws & Resolutions – Arthur Etkin – 613-692-4755 – abetkin@sympatico.ca

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

Defensive Driving - Bill Irwin – 613- 273-9972 – no Internet

Website – Joe Zarb – 613-715-3623 – jzarb@csc.com

Marketing Strategy – Larry Gray – 613-253-2006 – landgg@sympatico.ca

Where to find us: FSNA Ottawa Valley Branch
www.brockville.com/fsna_ON53