

REPRESENTING SUPERANNUATES AND SPOUSES FROM THE PUBLIC SERVICE OF CANADA,
THE CANADIAN FORCES, AND THE ROYAL CANADIAN MOUNTED POLICE

ON GUARD



The Ottawa Valley Branch Report

Contribution to Interclub Medical Bank Building Fund



Ottawa Valley Branch President, Jim Piché (left) and Vice-President Anita Stang, present a cheque for \$2,000. to Ken Fournier, of the Perth Civitan Club, for their Interclub Medical Bank Building fund. The Medical Bank provides wheelchairs, walkers, hospital beds, etc. to those needing them, in the area covered by the FSNA Ottawa Valley Branch. Although the equipment is loaned free of charge to individuals of all ages, the main requirement of the Medical Bank is for equipment designed for seniors.

2005 Ottawa Valley Branch AGM

Plans are underway for the Ottawa Valley Branch
2005 Annual General Meeting.

It will be held in early September but exact date and
location are yet to be determined.

Details will be in the summer issue of ON GUARD.

**Ottawa Valley Branch
2004/2005 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 & Website – Joe Zarb – 613-715-3623 – jzarb@csc.com
Marketing Strategy – Larry Gray – 613-253-2006 – landgg@sympatico.ca
Director at Large – Bill Irwin – 613- 273-9972 – no Internet
Director at Large – Wendy Mackay – 613-267-2752 – mackays@3oakes.com
Director at Large – Larry Palmer – 613-267-5410 – lpalmer1938@hotmail.com

**Ottawa Valley Branch
FINANCIAL SNAPSHOT
October – December 2004**

Emergency Fund, Building Fund, Benefit to Seniors Fund, Support Fund Balance December 31	<u>\$26,075.02</u>
Income - Membership, Bank Credit Error, Bank Interest	<u>313.65</u>
Sub-total	<u>\$26,388.67</u>
Expenditures - AGM, President's expenses - meetings, etc., Membership expenses, Transfer to Building & Benefit funds	<u>\$8,056.72</u>
BALANCE	<u>\$18,331.95</u>

Ottawa Valley Branch membership

Ottawa Valley Branch membership is currently 1,261. If you haven't renewed your membership, here are a few very good reasons why you should.

FSNA has protected your retirement benefits by:

- playing a major role in securing and maintaining full indexation of superannuation benefits
- obtaining a dental plan for federal pensioners
- contributing to a five-year no increase in basic PSHCP premiums with no reduction to benefits
- ensuring continuation of survivor benefits in the case of remarriage of a surviving spouse
- obtaining significant increases in supplementary death benefits
- securing pensioners' vote on pension and health care plan committees

Membership dues remain at \$40.20 for double membership and \$30 for single. Associate memberships, for those still working, is only \$10.

If you haven't renewed your membership, do so now!

You can either pay by cheque or have deductions taken from your superannuation payment. Application forms are available from your Membership Director.

Contact

FSNA – Ottawa Valley Branch
Anita Stang,
Vice-President and Membership Director,
86 Colonel By Crescent
Smiths Falls, ON
K7A 5B6

613-284-1840

Are you planning to move?

We're updating our database. If you're planning to move and haven't notified us, please send a change of address to Anita at the above address.

Suggestions from members on future AGMs

We asked some members what they'd like to see on the agenda of upcoming AGMs. Health care in general, updates on health and dental benefits, and how our pension increases are calculated vis-à-vis the rising cost of gasoline, property taxes, etc., are just a few of the topics suggested. Thanks to everyone who gave us their input.

Marketing and Recruitment Pilot Project

There is a marketing and recruitment pilot project in place in the Ottawa St-Lawrence Region that will focus on the Associate Membership for public servants close to retirement.

Heads of agencies and deputy ministers were approached to get on board with this initiative. Pending approval to access government departments, meetings will be scheduled with Human Resources heads. Kiosks are to be located in strategic entrances to government offices.

Former employees, who have retired from their department, could volunteer to man the kiosk, visit, make presentations and attend meetings with department heads. The kiosk would be manned once or twice a month to hand out information and take memberships.

It is also anticipated that this information will be distributed at all Retirement Seminars.

The more members we have, the more influence we can have in any future negotiations with our former employer. Size Matters!

If you'd like to volunteer, contact Jennie Legg, Volunteer Organizer at jlegg@cyberus.ca or contact the Ottawa Branch Office at: 613-737-2199 for more information.