

ON GUARD

NATIONAL ASSOCIATION OF FEDERAL RETIREES NEWSLETTER



The Kingston Branch Report

From the President's Desk - Spring 2010

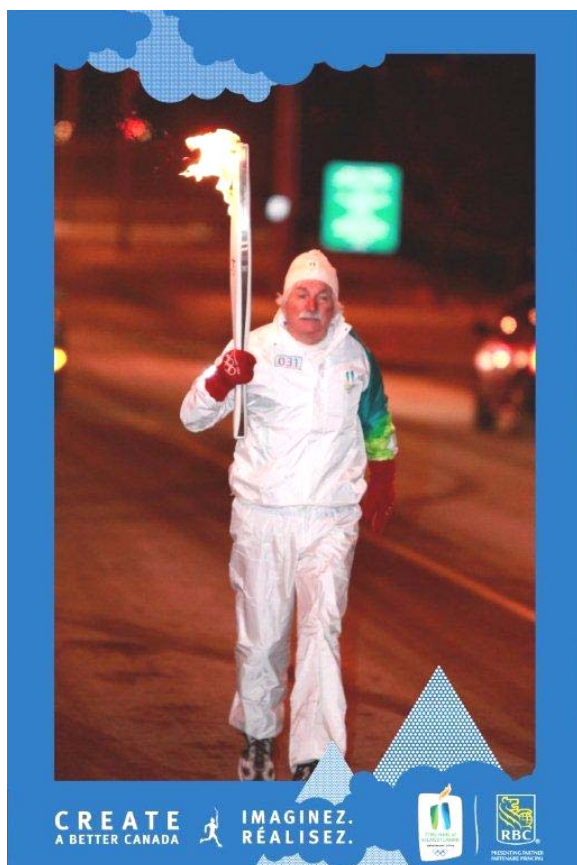
Winter Outreach

Our winter-cum-Valentine's Day luncheon held **9 February** at **cj's** in Brockville was a great success. Thanks to Annie and George, our Brockville contingent and Noël.



Hey, check this out ...

Our Activities Director, Noël Coward, participated in the Olympic Torch Relay.



Date: 17 Dec,
Location: Whitby ON,
Time: 07:30-08:00 hrs,
Weather: Crisp and Clear
Attendance Streets were packed with young and old,
Personal comment: "Exhilarating! when you carry the torch, you carry it proudly, singing cheers to Canada and singing it loudly."

Well done, Noël !!!

*Cheers,
Ron Henderson*

Kingston and District Branch
PO Box 1172, Kingston, ON K7L 4Y8

Web site: www.kingstonfsna.ca Email: kingston.fsna@gmail.com

TELEPHONE

1 (866) 729- 3762 (outside Kingston area) 613-384-2440 (within Kingston calling area)

**Annual
General
Meeting
and Dinner**

When: *Tuesday, 20 April 2010*

Where: *Minos Village Restaurant
2762 Princess Street, Kingston*

What: Meet & greet at 5:30 p.m. Cash bar available
Meeting at 6:00 and dinner at 7:00.

Dear Fellow Member:

I hope you'll plan to attend this year's **Annual General Meeting and Dinner!**

Last year was a great success, but we hope this year will be bigger and better.

The restaurant is fully accessible, the atmosphere is pleasant and the food is **superb!**

Again this year, we are able to offer a **choice of three different entrees** at the same price of **\$25.00 per person**. The menu includes salad, dessert, tea or coffee plus your choice of:



Marinated, grilled beef tenderloin kebobs



Ham and cheese stuffed chicken breast in mushroom-sherry sauce

Fresh Atlantic salmon filet in a lemon dill sauce.



Please note: *If you wish to attend the meeting only, you are welcome to do so, however, to ensure adequate seating is available, please return the form by the date indicated with a notation on the form "Attend meeting only"*

→→ Please return the form below **as soon as possible** - deadline is **13 April 2010**.

I look forward to meeting with all of you there!



**Kingston and District Branch
AGM '10 - 20 April 2010**



To: AGM
Kingston & District Branch
PO Box 1172
Kingston, ON K7L 4Y

Yes, I plan to attend the Branch AGM & Dinner, 20 April 2010 at...

Minos Village Restaurant, 2762 Princess Street, Kingston

I have enclosed my cheque in the amount of \$.....(\$25.00 per person) payable to Kingston & District Branch, FSNA. Please save mespace/s.

(Members are encouraged to endorse the back of their cheque "Deposit Only")

My menu choice/s are: beef... chicken... or salmon.....

(Please indicate number of plates)

Name/s: _____

Telephone: _____

E-mail address: _____



FSNA - Canadian War Museum Tour

Dear Fellow Member:

The Kingston and District Branch, FSNA have tentatively planned a day trip to the Canadian War Museum in Ottawa for Tuesday, May 11, 2010. Deluxe Coach transportation will be provided by McCoy Bus Service & Tours.

The itinerary will be as follows:

- 8:45 am - Passengers board the coach at Toys R Us, Kingston
- 9:00 am - Departure from Kingston to Ottawa
(Stops at the Gananoque (Casino) and in Brockville, as required)
- 11:15 am - Approximate arrival at the Canadian War Museum
Day at the Museum
- 5:00 pm - Departure from Ottawa to Kingston
(Reverse stops)
- 7:00 pm - Approximate return to Toys R Us, Kingston

The trip is limited to 56 passengers Cost: \$10.00 per person

**Museum Admission: General - \$12 Senior - \$10 Groups of 20+ - \$8
Ex Military (with ID) plus 2 family members - FREE**

Lunch is available for purchase in the *Cafeteria*. For those wishing to bring their own, the *Lunchbox* has seating with vending machines for snacks and drinks.

If you would like to attend the Museum Tour, please fill out the required info below. You may also submit by e-mail or telephone. Deadline for reply - **13 April 2010**.

Confirmation and payment will be taken care of at the AGM on 20 April 2010.

**RSVP: Noël Coward
422 Carrie Cres
Kingston, ON K7M 5X5**

**E-mail: noel.coward@sympatico.ca
Telephone: (613) 389-8030**

Kingston and District Branch War Museum Tour - 11 May 2010

Yes, I plan to attend the tour to the Canadian War Museum.

Name: _____

Number attending: _____

Telephone: _____

Advocacy

Or, “What have we done for you lately?” Go to *www.fsna.com*

Under “PUBLICATIONS” link in the left hand menu, select “Bulletin to Branches”. Each of the last several issues contains and attachment, “Tracking FSNA’s advocacy across Canada”, usually the very last page, which provides updates of what recent efforts FSNA is making on our behalf. Good reading!

In Memoriam

We regret to announce that your Branch have recently lost the following members due to mortality.

Cornish, Jim	Kingston	Chesney, Lloyd	Kingston
Condy, Yola	Kingston	Deroche, Peter	Kingston
Foster, Eleanor	Kingston	Gillespie, Percy Basil	Kingston
Goodwin, Marguerite	Kingston	Green, Margery	Brockville
Gregory, Gwen	Kingston	Hodson, Ian	Kingston#
Jackson, Herman	Kingston	Leeson, Geneva (Eve)	Kingston
Lessard, J. R. Gaétan	Kingston	Mason, Howard	Kingston
Margisson, Clayton	Prescott#	Matzov, Leonid	Kingston
McAlpine, Duncan	Kingston	McKendry, A (Spence)	Kingston
McInnis, Berta	Kingston	Millward, Alexandra	Kingston
Murray, John “Ron”	Kingston	Savill, Barbara	Kingston
Scott, Margaret	Kingston	Turrel, John	Kingston
Van Scoyoc, Margaret	Kingston	Walford, Garfield	Kingston
Wenger, Guy	Brockville	White, Rita	Kingston