

ON GUARD

NATIONAL ASSOCIATION OF FEDERAL RETIREES NEWSLETTER



FSNA ANRF

The Kingston Branch Report

From the President's Desk

Winter 2008

Peace on Earth



*Wishing you all a happy holiday season and a
New Year filled with peace and prosperity!*



*Je souhaite à tous une joyeuse période de fêtes
et une nouvelle année remplie de paix
et de prospérité!*

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)

Kingston and District Branch Winter Outreach” 10 February 2009

For our Winter Outreach Luncheon this year, we are returning to one of our favourite spots...

Cj's Banquet Hall, 803 Chelsea St, Brockville, ON



cj's will be providing our favourite buffet lunch featuring:
Ham with sauce – Turkey pot pie – Scalloped potatoes
Choice of salads – Assorted desserts
Tea and coffee

***Cost will be \$13.00 per member or
\$16.70 for a non-member guest!!***

Don't forget to Bookmark your calendar –

- Kingston & District Branch Winter Luncheon
- CJ's Banquet Hall
- 803 Chelsea St, Brockville
- ***Tuesday, 10 February 2009***
- 11:00 – Welcome, meet & greet
- 11:30 – Guest Speaker (to be announced)
- 12:15 – Break
- 12:30 – Lunch Buffet



**KINGSTON and DISTRICT BRANCH - ACTIVITY RESPONSE FORM
Winter '09 LUNCHEON - Tuesday, 10 February 2009**

✉ **To:** Kingston & District Branch, FSNA
PO Box 1172
Kingston, ON K7L 4Y8

Yes,

I plan to attend the Branch Luncheon Meeting at 11:00 a.m. on Tuesday, 10 February 2009

Cj's Banquet Hall, 803 Chelsea St, Brockville.

I have enclosed my cheque in the amount of \$ payable to
Kingston & District Branch, FSNA. Please reserve places.
(Members are encouraged to endorse the back of their cheque “Deposit Only”)

Name/s: _____

Telephone: _____

E-mail address: _____

I require transportation, please have someone contact me

I can provide transportation for people

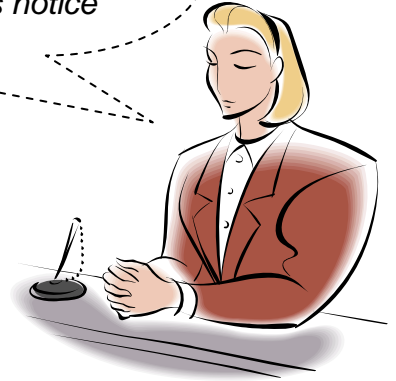


A Reminder...

For those members who prefer to pay by cheque,
membership fees are due 1 January 2009.

Associate - \$15.00 Single - \$34.20 Double - \$44.40

*If you are unsure if you pay by cheque or not,
take a look at your membership card.
If it expires 31 December 2008, you pay by cheque.
If it expires 31 March 2009 your fee is deducted monthly
from your pension and you can disregard this notice*



National Association of Federal Retirees
Kingston & District Branch
Attention: Membership Director
PO Box 1172
Kingston, ON K7L 4Y8

SERIOUSLY THINK ABOUT VOLUNTEERING

As you read this Report, have you ever thought about who gathers, writes and produces the information herein? If you would like the answer, read on.

Have you ever undertaken, on your own accord, to join a group of individuals on the basis of mutual interest or cause? Think about it for a moment.

If your answer is yes, you can stop thinking, you know that giving a little of your time to help others will make you feel good about yourself. If the answer is no, you now have a opportunity to be a great asset to your fellow members all the while feeling good about it.

You may ask where this is leading: ***VOLUNTEERISM!*** Yes, dear members the board of directors of your local branch is, again, still, always, in dire need of volunteers, so that all positions on the board are filled, all jobs are done and those who are double-hatted can cease to be.

Before you all rush to be first in line, a few facts: Did you know that:

- the Kingston and District Branch has 3400 plus members while the Board of Directors is made up of 11 volunteers? (do the ratio math)
- many Board Members continue to serve faithfully year after year long after they would have liked to retire in order to ensure the survival of the Branch and the ability to provide you with the services you require locally?
- the only way the Branch can keep surviving is to have an infusion of younger blood now?

The rewards you will received and the friendships you will make for what little time you dedicate are well worth volunteering to help your organization run smoothly.

NATIONAL ASSOCIATION OF FEDERAL RETIREES

ON38 - Kingston and District Branch

Meeting Place: Army/Navy/Air Force Club

Mail: PO Box 1172, Kingston, ON K7L 4Y8

TELEPHONE: 613-384-2440 Toll Free: 1-866-729-FSNA(3762)

WEBSITE: www.kingstonfsna.ca

E-MAIL: kingston.fsna@gmail.com



Board of Directors

Position	Name	Phone	E-mail
President	Ron Henderson	613-544-0663	fsnakdb.pres@gmail.com
Past President	Ron Aquino	613-546-5259	raquino3@cogeco.ca
Vice President, Administration	Barbara Fagg	613-542-9832	fsnak.adm@gmail.com
Vice President, Operations			
Secretary	Bill Wornes	613-549-0926	fsnak.sec@gmail.com
Treasurer	Doris Potter	613-549-0538	doreyplug37@hotmail.com
Membership Director	Donna Henderson	613-544-0663	fsnakingston.members@gmail.com
Health Benefits Director	Arliss Berry	613-549-5910	
Recruiting Director	Barbara Fagg	613-542-9832	fsnak.adm@gmail.com
Communications Director	Luc Bujold	613-273-8599	fsnak.editor@gmail.com
Inventory Director	Peter Convery	613-353-7067	peter.convery@sympatico.ca
Director	James Spencer	613-353-6415	
Director	Marlyn Convery	613-353-7067	peter.convery@sympatico.ca
Director	Real Prefontaine	613-767-5781	rgpre32@hotmail.com
Director	Walter Veley	613-388-2764	wpv@mycando.ca
Director	Noel Coward	613-389-8030	noel.coward@sympatico.ca
Phone Committee	George & Annie Healy	613-345-1089	
Social Committee	Lois Frauendienst	613-354-0855	lois.anne@hotmail.com
Webmaster			fsnakingston@gmail.com