



The Kingston Branch Report

From the President's Desk

Winter 2009

Winter Outreach Luncheon

Our winter luncheon, recently held at C.J.'s in Brockville was a great success. A moderate turnout unfortunately, however, everyone enjoyed the meal and the guest speaker from Bayshore Home Health passed along some very useful information.



AGM

Our 2009 Annual General Meeting will be held at MINOS Uptown Village Restaurant on 21 April 2009. I encourage our members to come out and participate in this meeting. It is your opportunity to meet face to face with your board members and express your concerns or interests (see reply coupon on page 2).

E-Mail Broadcast System

The Branch frequently receives information from FSNA National Office, and from other related sources, which is pertinent and may be of interest to our members and seniors in general. We currently have no means of bringing this information to your attention. It would be my intention to establish a broadcast network using members e-mail addresses. Participation would be strictly voluntary and by subscription only. Please see page 3, inside for more details.

Luncheon Costs

Some of our members have commented on the two-tiered pricing system we are now using for our luncheons, dinners, etc. This was a decision taken by the board to reflect the true cost of these activities. Branch members will continue to benefit from a subsidized price, while non-members will pay the actual costs, but, only the actual cost of the meal. As always, I value and welcome all of your opinions, on any subject, contrary or otherwise. Please don't hesitate to contact me either by phone or the e-mail listed below.

Regards,
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, 21 April 2009*
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 15 April 2009 to:


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

I look forward to meeting with all of you there!

Ron Henderson



KINGSTON and DISTRICT BRANCH
AGM '09 - 21 April 2009



Yes, I plan to attend the Branch AGM & Dinner, 21 April 2009 at...
 I have enclosed my cheque in the amount of \$.....(\$25.00 per person) payable to Kingston & District Branch, FSNA. Please save mespace/s.

My menu choice/s are: beef..... chicken..... or salmon.....
 (Please indicate numbers)

Name/s: _____
Telephone: _____
E-mail address: _____

I require transportation, please have someone contact me.
 I am able to provide transportation if someone requires a ride.

New Meeting Place



Note that as of January 15, 2009, the regular monthly meeting of the Board of Directors will be held at the Military Communications and Electronics Museum at CFB Kingston, 95 Craftsman Blvd, Highway 2, Kingston, East. These meetings are held every third Thursday of the month, except for July, August and December and are open to all members of the Kingston and District Branch.

E-mail "broadcast system"

Do you own a computer? Do you have e-mail? Do you like to be informed as soon as possible and at your convenience of events or news concerning your association or your branch? Do you look for information and tips of interest to seniors and retirees? If you answered yes to all these questions, you may want to join the new Kingston and District Branch electronic "broadcast system". It will operate much the same way as the current telephone system except that instead of receiving a phone call to announce events or impart news at a time of *our* choosing, you will read all about it on your computer at a time of *your* choosing. All e-mail will be short and to the point. We will not inundate you with pages of information but will direct you to the source of the information. You will of course be able to opt out of the system any time you do not feel comfortable with the product and we guarantee that we will never give, lend, rent or sell your e-mail address to anyone. If you are interested send an e-mail to kingston.fsna@gmail.com; write: 'FSNA K & D Branch electronic broadcast system' in the subject line; and indicate your desire to register and receive your FSNA news and notifications via e-mail. We will ensure that you receive all your news and notifications electronically and that your name does not appear on our telephone list anymore until and unless you decide that the phone is a better option for you.



MILITARY FAMILIES... The strength behind the uniform

Currently, thousands of Canadian Forces personnel along with many civilians are deployed on missions overseas. Have you ever considered that their spouses, parents and children share in the sacrifice made by these brave men and women?



We are constantly reminded to *Support our Troops*. Although "Military Families Awareness Week" was February 8 -14, I would encourage the same support for our Military families throughout the year.

In Memoriam

We regret to announce that your Branch has lost the following members due to mortality last year:

Allan, Richard, Kingston
Armstrong, Gwen, Amherstview
Black, Alma, Kingston
Broder, Peter, Kingston
Brooks, Keith, Deseronto
Bonvie, John, Kingston
Burke, Anne Louise, Kingston
Casterton, "Frances", Kingston
Childs, Philip, Elgin
Chisnall, Elizabeth, Kingston
Cook, Patricia, Kingston
Courneya, Florence, Kingston
Crawford, Dorothy, Kingston
Davison, William, Kingston
Denis, Shirley, Kingston
East, George, Kingston
Engels, Jan Nicolas, Kingston
Fitchett, Gordon, Napanee
Girouard, Adelard, Amherstview
Goodwin, Robert, Kingston
Hartley, Ross, Kingston
Hobbs, Lucinda, Kingston
Holman, Frances, Kingston
Horgan, Thomas, Kingston
Husk, Garth, Westport
Jean, Antonio "Tony", Odessa
Jewitt, Malcolm, Kingston
Jones, Leila, Kingston
Kitchen, C. Gordon, Bath
Lackie, Ruth, Landsdowne
Lariviere, Jean-Guy, Kingston
Lasher, Robert James, Amherstview
Leversedge, Stanley, Napanee

Lloyd-Munro, Monica, Kingston
Macdonald, Anne, Kingston
Macdonald, Ronald, Amherstview
MacMillan, Hugh, Kingston
Marcus, Sidney, Kingston
Markland, William, Kingston
Mason, Elizabeth, Kingston
McKegney, James, Kingston
Mitchell, John, Kingston
Monahan, William, Kingston
Morey, Warren, Gananoque
Norquay, Edward, Kingston
Parent, Robert, Kingston
Pelletier, Claire, Kingston
Peters, Edwin, Kingston
Pitt, Agnes, Kingston
Price, Stanley, Brockville
Quinn, Louis, Prescott
Scott, Jacqueline, Elgin
Seaboyer, Roderick, Kingston
Seale-Brown, Anne, Perth
Sellar, Gloria, Kingston
Shanks, Robert, Kingston
Sheahan, Emeline, Kingston
Skinner, Donald, Napanee
Tobin, Joan, Kingston
Wagar, John "Jack", Kingston
Warner, Evelyn, Harrowsmith
Warner, Jean, Napanee
Whalen, Leona, Kingston
White, Frank Kenneth, Gananoque
Wilkie, Olga, Kingston
Wlasuk, Joseph, Kingston