

# ON GUARD

NATIONAL ASSOCIATION OF FEDERAL RETIREES NEWSLETTER



## The Kingston Branch Report

### From the President's Desk

Fall 2010



#### Branch BBQ

Our 2010 BBQ was again a great success. Weather was a bit steamy, however, it seems it's been that way all summer. Otherwise, we had an excellent turn out and everyone appeared to enjoy themselves. Good job Noel, and thanks also to Neil and Shirley Dick, the folks at Rideau Acres, for doing such a great job on the steaks and chicken.

#### Fall Outreach

Our next scheduled get together will be our fall **Outreach luncheon** and we are again returning to a favourite spot -- *The Cove Inn, Westport*, 19 October. Look for more information and the response form inside.

#### Remembrance Day 2010

Your branch will be represented again this year at several locations in our area. Wreaths will be laid at ceremonies in Kingston, Brockville, Westport, Sydenham, Tamworth and Napanee.



#### Attention Snowbirds!!

Our membership director has asked me to remind those of you who pay for their membership by cheque and who like to head south for the winter that membership dues for 2011 are due 31 December 2010. See the notice and renewal form inside.

*Cheers,  
Ron Henderson*

### Autumn 10 Outreach.....19 October 2010

#### Where to find us

FSNA Kingston and District Branch  
PO Box 1172, Kingston, ON K7L 4Y8  
Web site:<http://www.fsnakingston.ca>

#### TELEPHONE

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



*For our Autumn Outreach Luncheon this year we are returning to the village of Westport, on the shore of the beautiful Upper Rideau Lake at*

**The Cove Inn Resort,  
2 Bedford-on-the-Water, Westport**

The Cowans will be providing a buffet luncheon to include:  
a soup; a variety of quiches;  
lasagna; a variety of cold meats; salad; dessert; and coffee.

***The price (including taxes and gratuities)  
will be \$15 for members and \$19.50 for guests***

**KINGSTON and DISTRICT BRANCH - ACTIVITY RESPONSE FORM**

**Autumn '10 LUNCHEON - Tuesday, 19 October 2010**

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



**Yes,**

I plan to attend the Branch Luncheon Meeting at 11:30 a.m. on Tuesday, 19 October 2010  
**The Cove Inn Resort, 2 Bedford-on-the-Water, Westport**

I have enclosed my cheque in the amount of \$ ..... (\$15/member, \$19.50/guest)  
payable to **Kingston & District Branch, FSNA.**

Please reserve ..... places.

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

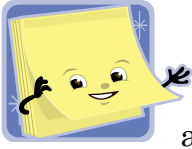
**Name/s:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

I require transportation, please have someone contact me.

I can provide transportation for \_\_\_\_\_ person(s).



***An early reminder for our “Snowbirds”***

I’m sending out this early reminder for our members who pay their dues annually by cheque and may be planning to head *south* for the winter. Your membership for the current year expires 31 December 2010 and renewal fees are due.

***Please check your membership card for the expiry date***

- National Association of Federal Superannuates  
Kingston and District Branch  
Attn: Membership Director  
PO Box 1172  
Kingston, ON K7L 4Y8



**2011 Membership Renewal Form**

Please renew my membership for the year 2011.

My cheque, payable to: **Kingston and District Branch, FSNA**, is enclosed.

- \$44.40 for a double membership;
- \$34.20 for a single membership;
- \$15.00 for an associate membership.

*(Members are encouraged to mark the back of their cheque “Deposit Only”)*

Membership # \_\_\_\_\_ Name \_\_\_\_\_

*(Note: Complete the following **only** if there have been changes in the information that you have not already informed me of.)*

Spouse/partner: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone number: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

E-mail address \_\_\_\_\_

**A Helpful Suggestion:**

For those of you who may not be aware, we offer a simple, convenient way of ensuring your membership is always current and up to date. It’s called “**Dues Deducted at Source**” and it means never having to worry about whether or not you have paid for the current year. If you choose this method, Public Works & Government Services Canada (Pension Office) will simply deduct the small amount of \$3.70 for double membership or \$2.85 for single membership, each month from your superannuation (pension) cheque. Many of our members have already chosen this method of payment and I would encourage you to switch as well. Plus, it reduces our costs by eliminating mailing and the unnecessary waste of paper. Look for the application form “Deduction of Dues at Source” on the Web site. If you have any questions, or wish more information, please call me at 613-544-0663.

**Your membership is important to you and your association**

Donna Henderson, Membership Director

### *In Memoriam*

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

Albert Angenent,	Seeley's Bay	Reginald Bauder,	Kingston
John Bolf,	Kingston	Kenneth Bowles,	Kingston
Paul Breault,	Kingston	William John Ford ,	Kingston
Jean-Paul Fournier,	Yarker/Moscow	Joseph Garnett,	Kingston
Mary Hack,	Kingston	Bernard Hughes,	Kingston
Jean Marc Kenney,	Kingston	Margaret Kinslow,	Kingston
Roger Legault,	Brockville	Frances MacDonald,	Kingston
Paul Roddick,	Kingston	Donna Sivilie,	Kingston
Carl Smith,	Perth Road Village	Arthur Warmington,	Kingston
Donald Watts,	Kingston	Earl Wilson,	Kingston
Edward Wissian,	Kingston		

### ***Volunteers Required***

Volunteers are constantly required for our Phone Committee. If you could spare one to two hours of your time every three months we would greatly appreciate it. You would be asked to contact fellow members within your area to advise of upcoming events and refer any inquiries to appropriate board members.

If interested please contact:

George or Annie Healy at 1-613-345-1089  
Email: [kingstonfsna@gmail.com](mailto:kingstonfsna@gmail.com)  
or contact any board member.