

ON GUARD



The Peel-Halton & Area Branch Report

PRESIDENT'S MESSAGE

Spring 2008

I would like to begin this message by offering our very best wishes to our members and to their families for a happy, safe and healthy 2008.

2007 was a very busy year for FSNA: Preparing for the Triennial convention, getting approval of the By-Laws and Regulations and the implementation of the new governance model, and for us at the branch level, absorbing and adjusting to the changes.

Our branch will be holding its Annual General Meeting on Thursday, May 8, 2008, and has invited Francis Bowkett, Executive Director, to speak to our members about some of the provisions of the new governance model and how they affect us. Francis will also provide us with information related to the first annual congress to be held in 2008 and the election of the regional services officers and national directors.

I believe that you are interested in all matters related to your Association and will, therefore, make an effort to attend the Annual General Meeting and lunch on Thursday, May 8, 2008. The meeting will be held at the **Knights of Columbus, Marian Hall, 1494 Wallace Road, Oakville. Registration will start at 9.30 A.M.**

This meeting is the most important event of the year for the following reasons:

- You exercise your right to elect your board of directors;
- You receive and approve your audited financial report; and
- You review and approve your 2008 budget.

At this time, I would like to, once again, remind you that help is needed by your board members, so do come forward with nominations or offer your services. Our **Treasurer**, Victor (Len) Summerfield, has moved away. Our **Secretary**, Daphne Ferrill, has resigned, leaving two positions, in addition to that of **Event Coordinator**, vacant.

The Central and Northern Ontario Regional conference will take place on April 28 to 30, 2008. Election of the Regional Services Officer will be an item on the agenda.

On your behalf, your branch took part at the Remembrance Day Ceremony in Mississauga on November 11, 2007.

Finally, on behalf of your Board, I would like to convey our deepest sympathy to members who have lost loved ones during the year 2007.

Renee Labbad-Thibault,

HELP – Telephone Committee

As always ...we need your help! Please volunteer to make calls to members to announce meetings and other special events. If interested, please call 905-599-6151 and leave a message for Chris Buklin or email him at:
cbuklin1234@rogers.com.

Also, please e-mail him to send him your e-mail address – just send a blank message with the words “FSNA E-Mail (followed by your e-mail address)” in the subject line. This is of special importance if you have, recently, changed your e-mail address.

MEMBERSHIP ISSUES

If you have not already renewed your membership please do so. Unpaid member accounts will be dropped from our listing.

HEALTH ISSUES

There is a medical device which may be of interest to many members. You may have seen the rather "silent" commercials on TV, a woman jogging, a woman blowing out candles, someone heartily laughing, and one who stops and crosses her legs quickly as she sneezes. Well, these situations and more happen all too often to many women who have weak bladders. The medical device is called **Uresta** and has been on trial for several years.

A number of our members may be on blood pressure medication (water pills) and this device may be helpful to them.

Uresta is a feminine device (about \$200.00). It is covered under the PSHCP when prescribed by a medical doctor. The member must send in the prescription with a detailed receipt when applying for a reimbursement.

Have any health issues or concerns you wish to bring to our attention? Please contact Mr. Robert Brown.

BRANCH ADDRESS

FSNA Peel-Halton and Area Branch
1235 Trafalgar Road, Box 84018
Oakville, Ontario, L6H 5V7

Please note we now have a **NEW TELEPHONE** number. If you wish to reach anyone on the board – you can call 905 599-6151. Please leave a message and your contact information and the appropriate board member will call you back as soon as possible.

2007 Board Members & Contact Information:

Branch Telephone: (905) 599-6151

Please leave a voice mail and specify to whom you would like to speak.

E-mail addresses:

President: Renee Labbad-Thibault

president@fsnapeelhalton.org

Vice-President and Chair - Health and

Benefits: Robert Brown

healthbenefits@fsnapeelhalton.org

Treasurer: Vacant

Secretary: Vacant

Chair - Membership: Harold Henry

Membership Secretary: Robert Lane

membership@fsnapeelhalton.org

Asst. Chair – Health/Benefits &

Government Liaison: Shiv Bajwa

healthsupport@fsnapeelhalton.org

Chair - Recruitment: John Rozenberg

recruiting@fsnapeelhalton.org

Chair - Telephone Committee:

Chris Buklin *telecom@fsnapeelhalton.org*

Resolutions Committee:

Spencer Gludish

resolutions@fsnapeelhalton.org

Branch Report Editor and Webmaster:

Gerhard Mohr *editor@fsnapeelhalton.org*

Web site: *www.fsnapeelhalton.org*

FSNA Peel Halton and Area Branch Needs Volunteers

(Abridged from the full article posted on our Web site)

In his book “Giving”, **Bill Clinton** issues a call to action. “Giving” is an inspiring look at how each of us can change the world. Everyone has something to give to contribute to the well-being of his/her community....

It is the idea expressed in the concept of “Me to We: Finding Meaning in a Material World”, a **book by Craig and Marc Kielburger**. “Me to We” is a philosophy of living that feeds the positive in the world, in contrast to the emphasis on individual gain.

It is demonstrated by an experience the Kielburgers relate about constructing a school in a village in the mountains of Ecuador, with a group of student volunteers. After working for two weeks, they realized that they would not be able to finish the project in the week they had left. It took much longer than expected, because all the building materials had to be carried up the mountain, using mules and manual labour.

Feeling disheartened, Craig and Mark visited the Village Chief, a small woman, who was the oldest person in the village. With the help of a translator, they explained their concern to the Chief. “No problem” said the Chief, “I’ll call a Minga”, and with that she got to the front of her hut and bellowed in a giant voice “Tomorrow there will be a Minga”.

The Kielburgers had no idea what a Minga was and somewhat disheartened, they went back to their project to tell their team the bad news.

The next morning, something miraculous happened. The village square was packed with hundreds of people, who came from miles around to help. These poor people asked for nothing and even brought their own food. Within a few hours, with everyone pitching in, the school was finished.

That night, the Village Chief explained that a Minga was a call to action, a coming together of the community for the benefit of all. She asked Craig and Mark what this was called in English, but they could not find the right word to express this idea. The best they could come up with was: A Riot, but for a good cause. Craig and Mark encountered this concept in several small communities throughout the underdeveloped world and they named it the spirit of “Me to We”

“Me to We” is a way of life that acknowledges: “That fulfillment does not come from material possessions, but through compassion, togetherness, gratitude, and empathy.”... Your Branch needs volunteers.
“MINGA!!!”

...Story contributed by John Rozenberg

FSNA PEEL-HALTON & AREA BRANCH MEMBERSHIP FORM

This is your FSNA membership application or information update form. Membership dues are effective from January 1 to December 31. Please complete this form if you are **applying** for membership whether you are paying dues via automatic DDS (Dues Deduction at Source) or directly to this Branch and forward it to our Membership Director at the address outlined below, as soon as possible. **Please also use this form to notify us of address, telephone number, e-mail address, or membership option changes.** This will ensure that our membership data base and contact information is current. You can also notify us of changes by e-mail. Write to **membership@fsnapeelhalton.org**.

Please make cheques payable to: **“FSNA, PEEL-HALTON AND AREA BRANCH”**.

Members who have **NO CHANGES** to report and are **paying dues via DDS, need not submit this form.** Once your application and dues payment (if applicable) are received, a new membership card will be mailed to you. If you use the DDS deduction method, you will receive your membership card as soon as possible from FSNA.

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MEMBERSHIP Application/Renewal FORM

FSNA Peel-Halton and Area Branch
attn. Membership Director
1235 Trafalgar Road, Box 84018
Oakville, Ontario, L6H 5V7



Please indicate the applicable membership option

- Single member = \$34.20 /yr**
- Dual membership = \$44.40 /yr**
- Associate Member* = \$15.00 /yr**

Renewals: – please enter current FSNA Membership **Number:** _____

Are YOU a: *(please indicate the one that applies to you!)*

- Member whose dues are deducted at source (DDS) & have changes to report?**
- Member paying directly to Branch, with enclosed cheque, or have changes to report?**

Mr./Mrs./Ms/Miss: *(please circle the appropriate title)*

Surname: _____ First Name: _____

Spouse: _____

Address: _____ Apt: _____

City/Town: _____ Prov: _____ Postal Code: _____

Tel: (____) ____ - _____ E-Mail: _____

(Please note: Confidentiality is assured - your information will only be used for FSNA purposes.)

***Note: Associate Members are Federal Public Servants still employed but who wish to join the FSNA now.**