



National Association of Federal Retirees Association nationale des retraités fédéraux

OTTAWA

OTTAWA BRANCH MEMBERSHIP

What's in it for you? A lot!

Don't keep it a secret, help us spread the word...

We are confident that you, our over 34,700 Ottawa Branch members, agree that there is great value in your membership. Let's not keep this to ourselves. Help us spread the word to your federal retiree friends and neighbours (including federal employees planning for retirement), so they can join us and enjoy the benefits too!

For starters, Ottawa Branch provides a local forum to discuss key issues affecting your retirement. We work in concert with the head office of the **National Association of Federal Retirees** (also located in Ottawa) to advocate measures beneficial to federal retirees and oppose developments that are not in your interests.

Ottawa Branch also offers local programs tailored to your needs. For example, we have a **Financial Literacy Program**. We offer free workshops with expert resources to help you better understand and manage your finances in retirement and achieve your best quality of life. We also offer **Neighbours Helping Neighbours** workshops to support community caregivers. And at our Annual General Meeting every spring, you will see a strong focus on **good health in retirement**.

And then there's our...

MEMBER DISCOUNTS

We know you like to save money through the National Association's Preferred Partners Program. The popular **MEDOC® Travel Insurance Plan** from Johnson Inc. is just one example. Members tell us that the value for money with this travel insurance is unbeatable. You can check out all the national offers at:

www.federalretirees.ca/en/At-a-Glance/Preferred-Partners

Ottawa Branch members can take advantage of **even more savings!** We have negotiated discounts on local products and services and you will find them listed here. **To qualify for these discounts, you need to identify yourself as a Branch Member** before you purchase. Keep your membership card handy. If you need help, call Ottawa Branch at 613-737-2199.

Full details and access to these special local offers are on our Ottawa Branch website:

<https://nafrottawa.com> under **Discounts – Ottawa Branch**.

Finance

BMO SmartFolio – portfolio management services

Ottawa Branch members can save **20% on advisory fees** when they invest with the BMO online investing service, BMO SmartFolio. With SmartFolio, participants are matched with a professionally-managed model exchange-traded fund (ETF) portfolio that fits their investment objectives and level of risk tolerance. Access for our members is available only through our Branch website. Contact information is listed there also, if you would like to learn more.

Note for investors: Financial markets can be volatile and there are risks associated with investments that are tied to financial markets. Investors should be aware of, understand and take into account the potential risks and returns on their investments.

Travel and safety

CAA North & East Ontario

Ottawa Branch members receive a special preferred rate of **approx. 33% off regular priced membership** in CAA North and East Ontario. You must be the primary CAA member on the account and provide your Association membership number. Offered on PLUS or Premier level coverages only and not applied retroactively. Please consult our Branch website for more details and/or call **CAA North & East Ontario Group/Corporate Sales** at 866-220-1205 or send an email to groups@caaneo.on.ca.

Nicole Foote – Official Agent for Carlson-Wagonlit Travel

Ottawa Branch members can enjoy a **5% discount** on selected cruise and package holidays worldwide. Nicole has been helping Ottawa Branch members travel since 1992. You can contact Nicole directly at 613-725-2101 or by email at: nfoote@carlsonwagonlit.com.

Health and fitness

BestLifeRewarded works with Canadian companies (and several federal departments and agencies) to help individuals learn how to improve their health and to reduce health-related costs. Individuals answer a health-related questionnaire online and receive personalized action plans, so they can make positive health changes, while earning points to bid on monthly rewards (e.g. gift certificates).

Ottawa Branch has negotiated for our members to have **free access** to this computerized health behaviour program or up to two years, as a pilot project. During that time, BestLifeRewarded will study the results as part of a research project on seniors' health behaviour change. Free member access is available from our Branch website.

City of Ottawa Fitness Memberships

The City of Ottawa offers Branch members a **20% discount** on Class A, All-inclusive or One Option fitness memberships for use at any of the City's 23 CLASS A and CLASS B facilities. Memberships run from September 1 to August 31. For more details, see our Branch website.

LiquidGym Therapy and Training Centre

This one-of-a kind Hydrotherapy and Hydro Training facility offers physiotherapy, registered massage therapy, traditional Chinese medicine acupuncture, sports medicine consultation, athletic therapy, kinesiology and fitness programs in the pursuit of wellbeing. Ottawa Branch members can receive a **10% discount on monthly gym packages** that involve walking/running on underwater treadmills or biking on underwater bikes. Call: 613-820-8228.

Entertainment (pilot project)

Marriott Kanata

Ottawa Branch members get exclusive discounts on local getaway packages in Kanata, featuring golfing, shopping, or romantic dining. These discounts are offered at both **TownePlace Suites** (613-599-7200) and **Fairfield Inn & Suites** (613-599-7767). See our Branch website for full details.

Transportation

Campbell Ford

Depending on the vehicle, Ottawa Branch members can receive a **discount of \$550** on the sale/lease of cars and light trucks or “**2% over factory invoice** (some restrictions apply)”. Call Dave Colquitt, Sales Manager at 613-725-3611.

Kanata Ford

Ottawa Branch members pay the **factory invoice plus 2%** on the sale/lease of cars/SUVs/light trucks. Some vehicle restrictions apply, and the discount cannot be combined with any other offer or promotion. Please call Andrew Manderson at 613-262-1799. Present a valid membership card and you will also be able to **store a set of 4 winter or summer tires, purchased at Kanata Ford, for two seasons at no charge**. Call Mike Fong for full details at 613-591-9000.

Home maintenance

Anchor ClimateCare

Ottawa Branch members can **save \$50** on an initial diagnosis of their existing equipment - \$ 99 versus \$ 149. Benefits also include: \$50 off diagnostic charges or repair service; 15% discount on ACE Level Maintenance Agreements; and, \$400 Accessory Credit with the purchase of a selected furnace or air conditioner. Call 613-837-8381.

Francis Fuels

Francis Fuels offers Ottawa Branch members a **discount of at least 4 cents per liter** on their home heating oil. For new customers, a one-hour safety inspection on existing infrastructure is required at \$130. For customers who purchase a \$249 maintenance plan, the inspection is included at no extra charge. Call 1-888-723-4567.

RONA – West Hunt Club

Ottawa Branch members receive a **3% discount on store purchases** when they present their membership card at the cash and identify as members of the National Association of Federal Retirees (it may help to mention our former name – Federal Superannuates National Association (FSNA)). The discount cannot be combined with any other offer or promotion.

Funeral planning

Beechwood Funeral, Cemetery and Cremation Services

Beechwood has been designated the National Cemetery of Canada and a National Historic Site and is home to the Canadian Forces National Military Cemetery and the RCMP National Memorial Cemetery. Before purchasing, identify yourself as an Ottawa Branch member and receive a **10% discount** on: 1) Land/Niche purchases (non-group areas); 2) Memorials; and, 3) Funeral services. Some restrictions apply, so please contact Tania Turpin at 613-696-0111 or tturpin@beechwoodottawa.ca for full details.

Arbor Memorial

Members of the National Association of Federal Retirees can receive **10%** off the total cost of products and services (except crypts) that are pre-purchased, before taxes, from Arbor. In Ottawa, Arbor has: Capital Funeral Home and Cemetery; Kelly Funeral Home Chapels at Somerset, Walkley, and Carling; and, Kelly Funeral Homes in Barrhaven and Kanata. *Note: Arbor is a National Association Preferred Partner.*

Savings with these offers exceeds the cost of membership

Membership costs just **\$50.28** per year for an individual, and **\$65.16** per year for a couple.

So, have we caught your attention? Think your **federal retiree friends** and **neighbours** might be interested, too? Or **federal employees** you know who are planning to retire?

Please share this bulletin with them. Here's how they can sign up:

HOW TO BECOME A MEMBER

Membership in the **National Association of Federal Retirees** is open to anyone paying into or receiving a pension from Canada's Public Service, the RCMP or the Canadian Forces, federally-appointed judges and to honourably discharged non-pensioned veterans. Anyone receiving a survivor benefit from these pension plans is also eligible.

Go to: www.federalretirees.ca/en/Join/How-to-Join

For more information, call **1-855-304-4700** toll free.

The National Office is open from Monday to Friday, between 8:30 a.m. and 4:30 p.m. Eastern Time. You can also call your local Ottawa Branch at 613-737-2199 or email us at info@nafrottawa.com regarding this bulletin or to get an electronic copy. **For details on these offers go to our Branch website: <https://nafrottawa.com/>** and click on **Discounts – Ottawa Branch**.

Disclaimers

Please note that Ottawa Branch provides information on issues, products and services of general interest to its membership. It does not endorse a particular position on a product or service, as being suitable for individual members, but brings them to the members' attention so that they can make up their own minds. Given the lead time required for publishing, the information on offers in this bulletin is current as of December 2018 and subject to change as time goes by.