



## Seventh-day Adventist Church Retirement Plan for Canadian Employees



### Prayer Corner

"For where two or three are gathered together in my name, there am I in the midst of them."  
Matthew 18:20 KJV

## June

### British Columbia Conference

- 01-Pastors & Members
- 02-Teachers & Students

### Maritimes

- 03-Administrators & Board of Directors
- 04-Department Directors & Support Staff
- 08-Evangelistic Efforts & Interests
- 09-Pastors & Members
- 10-Teachers & Students

### Manitoba/Saskatchewan

- 11-Administrators & Board of Directors
- 15-Department Directors & Support Staff
- 16-Evangelistic Efforts & Interests
- 17-Pastors & Members
- 18-Teachers & Students

### Newfoundland/Labrador

- 22-Administrators & Board of Directors
- 23-Department Directors & Support Staff
- 24-Evangelistic Efforts & Interests
- 25-Pastors & Members
- 29-SDA Students in Public Schools

### Ontario

- 30-Administrators & Board of Directors

### 2009 Cheques/EFT Schedule:

- June 25
- July 24
- August 25
- September 25
- October 23
- November 25

### Canadian Retirement Plans

Submit changes to the Payroll Clerk:  
*Direct deposits, cheques,  
tax withholding, change of address,  
reporting a death*

Send comments/suggestions to:  
Retirement Department  
1148 King St E  
Oshawa ON L1H 1H8  
Phone: (905) 433-0011  
Fax: (905) 433-0982

### Health Benefits Plan

1-800-263-7868  
*Healthcare Claims Queries*

Submit medical claims to:  
*Health Benefits Administration*  
1148 King St E  
Oshawa ON L1H 1H8

### Renewed & Ready

To change/cancel your complimentary subscription please contact the Retirement Department at 905-433-0011.

**2008 Yearly Average Exchange Rate:**  
**1.06601429**

**2009 Canadian to US Exchange Rates:**  
**Statement / Exchange Rate = Bank Deposit**

January	1.2744	July
February	1.2667	August
March	1.2462	September
April	1.2426	October
May	1.1429	November
June		December

