

I was fortunate to be able to attend the SFL "Pensions...and You" Conference that was scheduled on February 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>. The morning sessions consisted of plenary sessions from various speakers and the afternoon sessions were more of a workshop.

I learned a great deal from many of the sessions, but two in particular were enlightening. Marg Romanow and Judy Henley's presentation "Introductions to Pensions" was well thought out and touched on three sources of pension income available to retirees. OAS (GIS) CPP and workplace pensions and RRSPs.

The second session that I found educational, was the Alex Furlong from the CLC. He spoke about why the CPP should be expanded and some pit falls with RRSP's for low income seniors.

All in all, the SFL conference was well worth attending.

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