

CAFNBO/GANBO

As on 1 Jan 2008

OPTIONS OPEN TO YOU ON YOUR DISCHARGE/RETIREMENT

OPTION 1

On retiring you may have all your subscriptions paid by you into CAFNBO refunded. This refund is made automatically, approx six (6) weeks after the date of your discharge. NO application for a refund is necessary.

OPTION 2

If you have ten (10) years membership of CAFNBO or more you may retain membership for a maximum period of 22 years or seventieth birthday whichever comes first. Application for Retention of Membership should be forwarded to the Secretary CAFNBO **28 days prior** to Discharge. During your retention period you will be covered for the same amounts as what you were covered for while serving in the PDF. The present death benefit/funeral expenses are as follows:

Death of Member	Death of Spouse Member	Funeral Expenses Death of Spouse	Funeral Expenses Death of child Over 5 years	Funeral Expenses Death of child under 5 years
€19,046	€19,046	€3,174	€3,174	€1,270

It should be noted that while you are on retention you **WILL NOT** have to pay any further subscriptions into CAFNBO. At the end of your retention period your subscriptions will be refunded to you.

OPTION 3

Once you have decided to retain your membership of CAFNBO and you were a member of GANBO for a period of three (3) years prior to your discharge you may also retain your GANBO membership for the same period that you have been allowed in CAFNBO. Unlike CAFNBO, you must continue to pay subscriptions into GANBO. The rate is the same as that which you were paying prior to your discharge. The present rates are €44.11 if you and your wife are on retention and €26.70 PER MONTH if the member only is covered. These premiums are deducted directly from Defence Force Pension or by direct debit from your bank account if you are not in receipt of a pension. The present benefits in GANBO/GACBO are **€150,000**. Unlike CAFNBO these amounts may increase from time to time with a pro rata increase in subscriptions. **NOTE:** It should be noted that you may cancel retention of membership any time. All CAFNBO subscriptions will then be refunded. Once CAFNBO is cancelled GANBO retention is automatically terminated

From 01 Jan 2005, €5,000 is payable from GANBO on the death of children from birth to 21st Birthday.

CONTINUATION OPTION

Friends First offer members who are leaving the Defence Forces (who were members of GANBO and GACBO) or those whose "Retention of Membership" has ceased an option of taking out a "Whole of Life" policy to a maximum of €13,000 without having to produce any Medical Evidence if the Policy is taken out within 31 Days of Discharge/Termination of Retention. This policy is mainly aimed at members in the upper age limit or unable to secure life assurance.

Sample monthly premium for €13,000 life cover.

Current Age	Male - Non Smoker	Male - Smoker	Female - Non Smoker	Female - Smoker
50	€5.93	€12.82	€5.08	€9.69
55	€10.04	€21.61	€7.76	€16.25
60	€17.75	€38.38	€12.05	€26.47
65	€32.45	€65.59	€19.19	€41.90

Note: there is a minimum premium of €38 per month that will apply. Any of the premium not used for life cover will be used for savings.

*If you have any queries contact Matt Byrne at **01-6711841** or write to: Sec CAFNBO, 33 Infirmary Road, Dublin 7.*