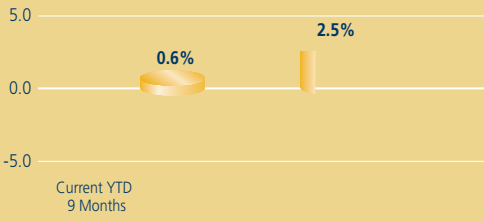




Your

THIRD QUARTER 2011





Get connected

Are You Registered?

Login and Register to receive instant access to your AFBS portfolio: monthly RRSP/RRIF statements, investment returns, annual earnings, insurance updates, RRSP, RRIF, TFSA contributions and more. Login and Register at www.actrafrat.com for your real-time AFBS information.

1. E-mail AFBS: www.afbsgetconnected.com
2. Call AFBS: (416) 967-6600 or Toll Free 1-800-387-8897
3. Fax AFBS: (416) 967-4484 or Toll Free Fax 1-888-804-8929

View footage of Chair, Thor Bishopric and President & CEO Robert Underwood's message to Members explaining the benefits of **getting connected** at www.actrafrat.com.

AFBS Website Highlights:

- View President & CEO Robert Underwood's message to Members regarding market conditions and how they affect you! www.actrafrat.com **President's Message**.
- Fred Langan interviews new AFBS Fund Manager, PCJ.
- Review Fred Langan's e-report covering "Market Panic" and "Bankers' Salaries and Shareholder Dividends".

RRIF Withdrawal Instructions

Should you require a change to your existing RRIF withdrawal, AFBS must receive written and signed notification by the 20th of the month in order to facilitate the change for that month. For more information, please contact either Jane Nelson at ext. 243 or Susan Emanoilidis at ext. 249.

RRIF Transfers to Other Financial Institutions

Written Investment Fund Allocation changes (transfers between funds and transfers to other financial institutions) received in any month will be processed the following month at the unit value of the month in which the request was received (e.g. a request received in January will be processed in February using the January fund unit values).

AFBS charges a fee of .5% of the transferred amount for Members transferring retirement funds to another financial institution. This charge will only be levied on transfers to other institutions and not on any movements within accounts at AFBS.

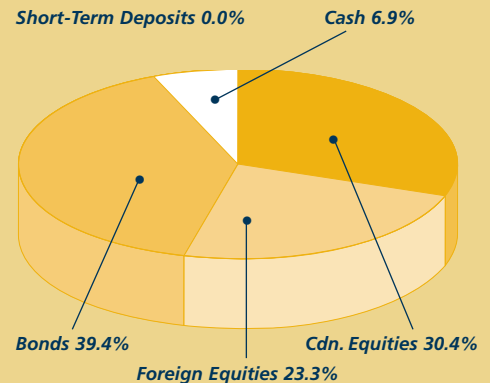
To facilitate a transfer of funds from another financial institution to Actra Fraternal Benefit Society, please contact Charlie Johnson (ext. 242) who will prepare and send the transfer document for signature. The Member must then forward the completed T2033 forms to the financial institution. The financial institution will then direct the fund transfer to AFBS for deposit into your account.

Creditor Protection

Your funds are protected from creditors if you declare bankruptcy because they are insurance products. To further protect your portfolio, please ensure you have designated a beneficiary and your beneficiary designation reflects your wishes. Your RRIF beneficiary designation must be one of the following: Spouse, Child(ren), Parents, Grandchildren. A beneficiary designation form can be accessed at www.actrafrat.com.

Balanced Fund The Asset Mix

Asset Allocation @ September 30, 2011



Bond Fund Asset Allocation

As at September 30, 2011, the percentage of assets by investment categories was 100% in government bonds and corporate debt securities.

THE Fred Langan e-REPORT

Please read Fred Langan's e-report at our website www.actrafrat.com. Click "Stay Informed" to read Fred's update.

Your MEMBERSHIP MATTERS

1000 Yonge Street
Toronto, ON
M4W 2K2

PHONE
416-967-6600
1-800-387-8897

FAX
416-967-4744
1-888-804-8929

E-MAIL
benefits@actrafrat.com

WEST
1155 Pender Street W.
Suite 320
Vancouver, BC
V6E 2P4

PHONE
604-801-6550
1-866-801-6550

FAX
604-801-6580

E-MAIL
afbswest@actrafrat.com



www.actrafrat.com