

# BRANCH REPORT

## ON 46 | Quintrent Branch

### CONTACT US

Quintrent Branch (ON46)

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### MEMBERSHIP

The National Association of Federal Retirees or commonly, **Federal Retirees**, is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors.

**We believe every Canadian today and, in the future, should benefit from better retirement income security and a strong, sustainable health care system.**

With your support, we can make retirement better for all Canadians.

### President's message

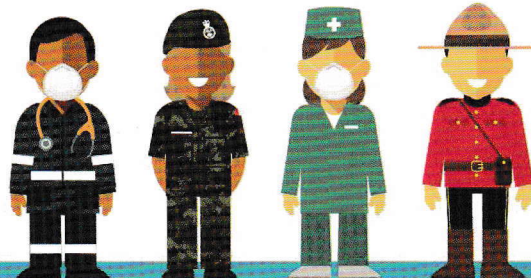
I wrote the first version of this missive before the coronavirus had made it plain that the world would not be normal for some time to come. Now, the issues that preoccupied us what seems like a century ago have taken second place to the "All COVID19, all the time" news reporting. And things are moving so fast that I cannot guess what we will be focusing on when you get to read this.

At this point it is not at all clear how the COVID-19 pandemic will unfold, except that it will get worse. So, when you read this you will know if the June Annual Meeting of Members went as planned, or what is more likely, we had to use modern magic to do it remotely. I very much enjoy the Annual Meeting, talking with Branches across the country, and do not much enjoy "webinars," so you know my vote would go to postponement until a safer time. It is a characteristic of our Association members, given that most of us have lived in many parts of the country during our careers, to have developed a National outlook, therefore to chat and compare notes with the rest of Canada and see how people from Labrador to Yukon are dealing with the issues that affect us all is truly exhilarating.

As retirees we are better off than most, given the backup of our pensions. I trust that the Government, which has had to pitch its budget and spend like the proverbial sailor will not look to us particularly to start making up the massive deficit. Actually, trust is the wrong word – I know that our Association will do its usual fine job of protecting us. Not that there will not be hardships ahead, but the whole country will need to pull together to recover some semblance of normalcy.

As you can see on the Federal Retirees website, in the Sage magazine and the NAFR internet posts, the Association is more engaged than ever in advancing our cause and making sure the government takes us into account when devising future policy. This is certainly obvious in the engagement of our Federal MPs, but why stop there? We have a clear interest in

**Our coronavirus heroes**  
To all those working on the front lines of this pandemic, thank you for being there for us.



### *In Memoriam*

*It is with deep regret that we have learned of the passing of the following members. The heartfelt sympathy of the branch is extended to their families and friends.*

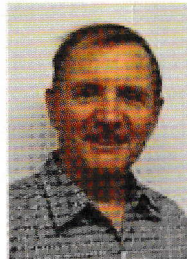
- John Conrad**
- William Bugg**
- Raymond DiCrescenzo**
- Ronald Bryson**
- Lynda Atchison**
- Ted Kasprzak**
- Eric Gebhardt**
- Charles Lacoste**
- Bill Malczewski**
- Ray Mercier**
- Betty MacDonald**

communicating with our Provincial MLAs for health care and seniors' issues. And more – our local civic politicians should also be aware of us and our issues.

A recent success in the health care arena is the beginning of construction of the Health Hub in Trenton, and the campaign for a dialysis unit, both of which are aimed directly at the needs of us retirees. This is not directly a NAFR campaign but is supported by many of us. I urge everyone to follow the local health care issue and lend support to the push to improve the hospital and medical facilities across the region.

So, as I take a first look at the golf clubs (in the hope that golf season returns), I contemplate the TV weather spots which are about the only non-virus information available. Seeing the continent-wide swoop of the highs and lows, troughs and ridges, and that evil jet stream makes an old guy hark back to Percy Saltzman and his blackboard and chalk on the old black-and-white CBC News. Back then, Kenora was as far west as technology could see to forecast (or as far as his blackboard reached).

Come talk to me at our next Annual Meeting at the Trenton Legion, whenever we can hold it. It is always good to see everyone and find out how you are doing. Especially with a virus that's been given an all-caps name wafting around. Stay healthy and stay safe.



Sincerely,  
**Tom Kupecz**

## World Health Organization safety tips

**Reduce your risk of coronavirus infection:**

- Frequently clean hands by using alcohol-based hand rub or soap and water
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands
- Avoid close contact with anyone that has fever and cough

**Protect others from getting sick**

- Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing
- Throw tissue into closed bin after use
- Clean hands after coughing or sneezing and when caring for the sick

**Protect others from getting sick**

- Avoid close contact when you are experiencing fever and cold or flu-like symptoms
- Avoid spitting in public
- Seek medical care if you have a fever, cough and difficulty breathing

**Protect yourself from getting sick**

- Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with live farm or wild animals



## Fall General Branch Meeting 2019

The Branch Fall General Meeting was well attended on a brisk 15<sup>th</sup> of October, 2019 at the Canadian Legion in Trenton. Our guest speaker, Kris Himberg-Larson of Wilkinson CA, gave a thorough insight into the world of “Death & Taxes” and how it impacts on families and in particular on seniors lives in planning ahead so that their loved ones are looked after and their own personal wishes are followed. It was emphasized that everyone should have an up-to-date “Will, Power of Attorney and Power of Health”. The event was concluded by an excellent spread put on by the Ladies Auxiliary of the Legion.



## Branch Christmas Luncheon 2019

Christmas time is always special time of the year when people take the time to reconnect with family, friends, co-workers and acquaintances. In a way our branch is a family of people who have served this country in a variety of government service related sectors. So it is no surprise that so many branch members in large numbers turn out for this yule time event in our area. They shared a delicious meal served up by the Ladies Auxiliary of the Trenton Legion, reminisced about past events, share memories of comradery, and remembered friends and co-workers who have passed on and can no longer share in branch socials.



## Spring Annual Branch Meeting 2020

Regrettably, the Branch Spring Annual Meeting scheduled fore 21<sup>th</sup> of April, 2020 at the Trenton Canadian Legion was cancelled due the corona virus pandemic. It maybe rescheduled for a later date once the pandemic has run its course and people can return to normalcy.



**UPCOMING EVENTS**

**June Steak BBQ**

June 3, 2020 - Wednesday  
Bar opens at 11:30 am  
Meet & Greet at 12:00pm  
Steak BBQ served at 12:30 pm  
Cost for Members: \$15.00  
Non-members: \$20.00  
Seating is limited

**Fall General Meeting**

October 20, 2020 - Tuesday  
Bar opens at 11:30 am  
Sandwiches at 12:00 pm  
Meeting starts at 1:00 pm  
Guest Speaker: TBA

**Christmas Luncheon**

December 4, 2020 - Friday  
Bar opens at 11:30 am  
Turkey Dinner served at 12:00pm  
Cost for Members: \$15.00  
Non-members: \$20.00  
Seating is limited book early

**Spring Annual Meeting**

April 20, 2021 - Tuesday  
Bar opens at 11:30 am  
Sandwiches at 12:00 pm  
Meeting starts at 1:00 pm  
Guest Speaker: TBA

**NATIONAL ASSOCIATION OF FEDERAL RETIREES**

**Trenton - Quintrent Branch  
Branch Executive Directors**

President	Tom Kupecz
Vice President	Hugh Mackay
Secretary	Nancy Everett
Treasurer	Alex Chambers
Deputy Treasurer	Gary Rodrigue
Directors - <i>Telephone Committee</i>	Denny Quirk
<i>Welfare</i>	Agnes Ward
<i>Senior's Issues</i>	Ian Inrig
<i>Social Coordinator</i>	Gloria Johnson
<i>Public Relations</i>	Attila Kostya

**CONTACT US**

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**VISIT US AT OUR BRANCH WEBSITE:**

[www.federalretirees.ca/en/branches/ontario/quintrent-branch](http://www.federalretirees.ca/en/branches/ontario/quintrent-branch)

*we want you!*



**Come Volunteer**

The National Association of Federal Retirees, **Quintrent Branch**, has lots of opportunities for volunteers. As a volunteer, rewarding experience is waiting for you to support your fellow members and be a voice in your community. So come join with us and take your place in a gratifying leadership role.

