

BRANCH REPORT

ON46 | Quintrent Branch

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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, the 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.

Attention: *In accordance with the advice of public health authorities to continue to avoid social gatherings during the ongoing COVID-19 pandemic, all in-person branch events have been postponed until further notice, extending the previously announced June 30, 2021, deadline. Stay tuned for more information.*

President's message

So, I just booked my first vaccination for the virus. Of course, the website did not function – hung up on the ‘pick a date’ part, but I was able to get through on the phone with minimal delay to a very cheerful representative who made it a good experience. Yay people! Boo machines!

I am not a snowbird – I enjoy the winter and the changes in the seasons. Moving snow occasionally is a whole lot less work than mowing, digging, weeding, fertilizing, and mowing again all the while swatting mosquitos and blackflies. On the other hand, I have just put the furniture back out on the patio, and have already sat out in the sun with a refreshing drink. It's all good.

We held the Spring General Meeting at the end of March, by Zoom. My thanks to those who were able to join in for a necessary but less than thrilling event. We achieved the purpose of passing essential motions for carrying on the business of the Association, but I certainly missed seeing and talking with people for real, instead of seeing you on-screen, muted. Maybe one day the technology will make it more like being there. Congratulations to those who were able to sign on, and condolences to those who could not. I hope you did not have the experience I just went through with Covid-vaccine.on.ca.

We have had a very unsatisfying year in 2020, but for the most part we have got through it with little damage. I have not heard if any of our members becoming ill from COVID-19, but I know that we all have been affected. We retirees have been better off than most economically, but



Thank you

for protecting the health and safety of Canadians

– from one generation to another

NATIONAL PUBLIC SERVICE WEEK | JUNE 13 TO 19, 2021



National Association of Federal Retirees
Association nationale des retraités fédéraux



IN MEMORIAM 2020

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.

Judith Davidson
Dolores Fraser
Helen Wilson
Roger Brummell
Lois McCredie
Roy Wilton
Wayne McNulty
Constance MacDougall
Ray Michaud
Mildred Jackson
Jack Harper
Kenneth Crocker
Vern Wieler

the inability to visit friends and family as before takes a toll that we only barely realize. And many of our loved ones have indeed been affected, which makes for anxious times. With the roll-out of the vaccines, we will have a better 2021, and with the advances in technology this has forced we may well see the end of this sort of viral pandemic.

Your Association has kept busy through it all, with regular Zoom meetings and activities that keep our collective face in view of the government. The threat to our pensions and benefits will only grow as the country faces repaying the massive debt it is incurring. There are people already writing about the easy time the public sector has had, and from there, it is a short step to wondering about the easy time public service retirees are having. We have to keep beating the drum that our pensions are part of our negotiated pay package that we worked for and paid for. Eternal vigilance...

So to Zoom. To book a Zoom meeting all you have to do is send the e-vite. People are at home anyway, so the excuses for not showing up get pretty lame. For an in-person meeting there are all the requirements for travel, rooms, coffee and donuts, printing out agendas and so on, so people think twice before scheduling them. The result is that there seem to be more meetings now online that there were real ones before, and it can be hard to keep track. I am working on making a video loop that I can show to make it seem that I am really sitting there looking interested, instead of working on something else. There may even be a market for the app.

Do try to keep up to date with the Association online at www.federalretirees.ca, and access the Branch website at federalretirees.ca/quintrent. I hope that with a successful vaccine roll-out we will be able to meet soon. Your Board is working on holding a barbeque, perhaps not in June as usual, but as soon as it becomes possible. And the Fall General Meeting really ought to be in person – see you there.



Sincerely,

Tom Kupecz
Branch President



Save 25%
on your annual membership dues by switching to the DDS payment option!

For a limited time only, we are offering a one-time 25 per cent discount on annual membership dues for every member who switches to the Dues Deduction at Source (DDS) payment option.

Complete a DDS registration form and return it to the Association's national office to make the switch today. Visit federalretirees.ca/DDS for more information.



In the Branch Spring Annual Meeting, via Zoom, the following motions were approved unanimously by members:

The **Branch By-Laws** were amended to allow for the Branch Executive to conduct business, when necessary, electronically and by distancing means. The amended section of the Branch By-laws reads as follows:

Part VIII – Branch Meetings....

“ 3. *Participation at Meetings of Members may be by telephonic, electronic, or other communication method as determined by the Board. The Board may determine that the meeting shall be held entirely by means of a telephonic, electronic, or other communication facility that permits all participants to communicate adequately with each other during the meeting.*

4. *Any person participating in a Meeting of Members pursuant to this section who is entitled to vote at that meeting may vote, in accordance with the Act, by means of any telephonic, electronic or other communication facility that the Association has made available for that purpose.* “

The following **Branch Financial Motions**, - which were provided to the members vial e-mail prior to the meeting, and also displayed via Zoom screen share were presented and passed by members.

Branch Budget and Actual Expenses:

- Branch 2019 Budget and Actual Expenses as presented;
- Branch 2020 Budget and Actual Expenses as presented;
- Branch proposed Budget for 2021.

Branch Equity Fund assignments:

- Branch Reserve Equity – Equipment - Fund to be topped up with \$1800 from the Unreserved Equity Funds to bring it up to \$4,900 to allow Branch to provided laptops for Executive Committee Members and update outdated office equipment;
- A transfer of \$4,000 from Unreserved Equity Funds to a Training Fund to facilitate financially two observers to attend NAFR meetings between 2021 and 2023;
- Approve a Branch Reserve Equity – Branch 40th Anniversary - Fund to provide funding for the Branch 40th Anniversary. This Fund is to have \$8000 to be taken from Unreserved Equity Funds to allow for sufficient funds for a Branch 40th Anniversary celebration;
- The establishment of a Branch Reserve Equity - Advocacy - Fund of \$4,000 to be taken from Unreserved Equity Funds, to allow for advocacy expenses needed to meet with Provincial/Federal candidates at NAFR meetings between 2021 & 2023.

You Can Prevent Falls

(published from Public Health Agency of Canada)

- Falls are a leading cause of injury among older Canadians;
- 20 – 30% of seniors experience one or more falls each year;
- Falls are the cause of 85% of seniors’ injury related hospitalizations;
- Falls are the cause of 95% of all hip fractures;
- 50% of all falls causing hospitalization happen at home.



Protect yourself

(published from Public Health Agency of Canada)

Anyone can fall, but as we age our risk of falling becomes greater.

Falls can be prevented, the first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in or around the home. These can all increase the chances of falling.

You can prevent falling by making needed adjustment to home and lifestyle. Also, by ensuring that you eat well, stay fit, and use whatever devices will keep you safe.

What to do if you fall

(published from Public Health Agency of Canada)

Stay calm, rest and if you can get up:

1. Roll on your side and push up into a sitting position
2. Turn onto your hands and knees and crawl to the nearest stable furniture (bed, chair, stool..)
3. Place your hands on the seat.
4. Place one foot flat on the floor
5. Lean forward and push up with your other foot
6. Sit, rest and then tell someone you have fallen

we want you!



Come Volunteer

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



**NATIONAL ASSOCIATION OF FEDERAL RETIREES
TRENTON - QUINTRENT BRANCH
BRANCH EXECUTIVE DIRECTORS**

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VISIT US AT OUR BRANCH WEBSITE:

www.federalretirees.ca/en/branches/ontario/quintrent-branch

