

BRANCH REPORT

ON46 | Quintrent Branch

CONTACT US

QUINTRENT BRANCH ON46

PO BOX 21016 RPO
TOWNE CENTRE
TRENTON, ONTARIO
CANADA K8V 6S2

FEDERALSUPERNET@BELLNET.CA

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 (CAF), 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

It was almost three years ago that we first heard about a new virus that was concerning physicians in China. That seems so long ago – remember the cruise ships and the passengers locked in their rooms? We now have a good idea of what it is and how to combat it, though wanting it to go away is not the same as actually defeating it. But medical science has advanced tremendously since then and we are now able to get back to living, albeit carefully.

We had our Annual Meeting of Members in June, and most delegates showed up in person. It was almost exhilarating to be able to meet together after so long. While everyone was a bit distant, and some wore masks, we were able to spend three days doing the business of the Association without difficulty, and there was no outbreak as a result.

On the other hand, the Association has learned that it can conduct business electronically, and very much more cheaply than in person. So, we held a Special Meeting of Members in September, using Zoom, to wrap up some unfinished business and hold an election for the position of Vice-President. This is a good/bad situation: good that we can do this at a low cost, and bad that we can't achieve all the other things that make a national meeting good, such as chat with Canadians from coast to coast and compare experiences. I think we'll be able to strike a good balance between the two methods of meetings.

Not sure what to get
for the federal retiree
who has everything?



**GIVE THE GIFT
of membership!**

federalretirees.ca/gift



IN MEMORIAM 2022

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.

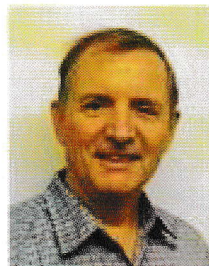
Keith Flett
Lloyd Lambert
Joan Cassidy
Gail Scheller
William Martell
Roy Pigden
Ed Smith
Ted Bush
Andrea Suba
Thomas Jordan
Erica Coffin
Scheila Trenholm
Robert Shaw
Rick Reid
Cherrie Gilliland
Joanne Dunn
Hazel Howard
Joseph Tremblay
Daniel Bourassa
Robt Lafortune
Aubrey Christie
Nancy Ricard

In July we celebrated the 40th anniversary of our branch, and were able to honour several of our members of long standing, including two centenarians, Dora Hockney, a well-known volunteer in the community, and Agnes Ward, still a member of the Board of Directors. Mayor Jim Harrison congratulated the branch for its accomplishments and wished it many more years of service to Retirees. After a pleasant dinner we shared a 40th birthday cake and enjoyed a fine evening.

In September the branches in the Ontario group met (by Zoom) to discuss how each is coping with problems such as the ageing of the population with its attendant need for increasing medical care, and the decrease in volunteers to fill out our boards. We have a provincial presence that can influence our government in many ways, and we can press for action to improve our well-being on the provincial level, as well as federal.

We are working to bring more information to the members of the branch, through the excellent *Sage* magazine, and by expanding the website. Don't forget to have a look as often as you can – we keep it updated with all sorts of items of interest.

<https://www.federalretirees.ca/en/branches/ontario/quintrent-branch>



Sincerely

Tom Kupecz
Branch President

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.



We Need You - Become a Volunteer

Volunteers are our lifeblood. The branch has at present eight volunteers providing leadership, delivering member services and advocating on behalf of our branch and Association. We at the branch are driven by and committed to making a difference for our members and community. But at the moment, **WE ARE SHORT IN FILLING SEVERAL EXECUTIVE POSITIONS – Will you Volunteer?**

Join the branch's volunteer team

As a retiree, you provide your expertise and time. Our branch provides long term, short term and/or episodic volunteer opportunities for you to:

- chair committees, providing leadership at the branch levels;
- advocate on behalf of our entire membership to protect the pensions and benefits and to promote the interests of retired federal employees, veterans, Canadian Armed Forces personnel and RCMP members;
- promote income security and healthy aging for all Canadians in retirement;
- help plan local promotional events to grow our membership and increase our influence;
- develop and deliver activities focusing on volunteer recruitment, development, recognition and succession.

To Volunteer contact our branch at federalsupernet@bellnet.ca or call (613) 394-4633

It is Time for us to Reach out and Recruit!

As branch members we receive many benefits from our membership in the National Association of Federal Retirees. Just reading through our *Sage* magazine we see just how much influence we have over pension, health and senior issues. To maintain this powerful presence in the political as well as civic arena it is incumbent upon us to let others know about our purpose, strength and advantages. Don't be shy, reach out to relatives, friends and neighbours who work or worked in the federal public service and invite them to join our Association. The cost is little but the advantages are great. Without numbers, our influence may diminish and none of us should be satisfied with that. So, come and recruit for the benefit of us all and you will feel better for it.

Who can become a member?

Membership is open to anyone paying into or receiving a pension from Canada's Public Service, the RCMP or the Canadian Armed Forces, federally appointed judges and to honourably discharged non-pensioned veterans. Their spouses and survivors are also eligible to join Federal Retirees.

Benefits of membership:

- *SAGE Magazine*: the official voice of the Association.
- *Members Services Team*: questions or concerns about your pension or benefits.
- *Affordable membership Rates*: Current annual membership costs just \$51.36 a year for individual and \$66.00 per year for couples.
- *Access to expert advice*: With pension and benefit experts on staff. If our Branch volunteers cannot answer your questions, they will direct you to the Ottawa office or they will find out the information for you.





As well as access to our **Preferred Partners**, the Association has teamed up with various organizations to provide savings and other benefits for our members:

- MEDOC - emergency travel insurance and trip cancellation
- HEALTH - Goodlife Fitness and Hearing Life
- HOME & AUTO - Johnson Insurance and Relocation Services Group
- FINANCIAL ADVICE - Alliances, Canadian Money saver Magazine and Tradex
- TECHNOLOGY - Simply Connect - cell phone service

Further information on joining our Association or to find out more on Preferred Partners Look to us at <https://www.federalretirees.ca>

INTERESTED IN RENEWING YOUR MEMBERSHIP AND ADDING YOUR VOICE TO FEDERAL RETIREES?

Please contact the Quintrent Branch at 613-394-4633 or federalsupernet@bellnet.ca or

contact the Association’s Ottawa office directly toll free at 1-855-304-4700. Hope to see you at branch activities in the near future.

From The Branch Calendar – Events for 2022-23

**Branch Christmas Luncheon
Friday, December 2, 2022**

Bar opens for Greet & Meet at 11:30 a.m.
Turkey dinner served at 12 p.m.
Door prizes will be drawn during meeting
Cost - Members & guests: \$5.00
Seating is limited, Tickets available at the office on the 2nd Thursday of the month, by phone or email

Spring Annual Meeting

Tuesday, April 18, 2023
Royal Canadian Legion, Trenton

Summer BBQ

Date TBA in June, 2023
Royal Canadian Legion, Trenton
Reserve your tickets space limited

Fall Annual Meeting

Date TBA in October, 2023
Royal Canadian Legion, Trenton

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 - Telephone Committee	Gloria Johnson
<i>Welfare</i>	Agnes Ward
<i>Senior’s Issues</i>	position vacant
<i>Social Coordinator</i>	position vacant
<i>Public Relations</i>	Attila Kostya

CONTACT US

National Association of Federal Retirees / Quintrent Branch,
ON46 PO Box 21016 RPO Towne Centre, Trenton, ON.
K8V 6S2

VISIT US AT OUR BRANCH WEBSITE

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

