

BRANCH REPORT

ON46 | 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 (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

Another year has almost run its course, and we are bumping up against Christmas. This Fall, while I was outside trimming back the climber roses, pulling the last of the ratty-looking plants in the flower beds and picking up branches, I remembered longing for cooler weather in that steamy July. Now I'm pining for the sunshine and balmy breezes while I look for my jacket, hat and gloves. It is the human condition to never be fully content.

There are moments, though. Your Association's annual Meeting of Members went swimmingly in Gatineau in June – reports were made, resolutions were resolved, officials were elected, Branch opinions were polled, the 60th anniversary was celebrated. In brief, we are doing all right. Membership is steady and our financial status is strong. Our reps in Ottawa have been representing us well, and our pensions and benefits are secure. And it is always good to meet up with our counterparts from across the country and compare notes.

On the other hand, many Branches are struggling for lack of volunteers, and some are losing membership as the old guard ages. It seems the younger generations are not as keen as we more experienced folk have been to join up and experience the joys of working for our mutual benefit.

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



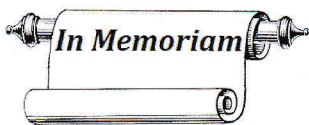
**GIVE THE GIFT
of membership!**
federalretirees.ca/gift



IN MEMORIAM 2023

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.

Rev. John Flindall
Norman Rees
Charles Hannon
Joan Wright
Christine Self
Beverly Dale
Donald Montrose
Richard Shettell
Ron Gamble
George Trenholm
Dorothy Boudreau
Eileen Cruikshanks
Elizabeth Wilkinson
Jeannette Cambell



for Past Years
Consult Branch Website

Much discussion among the Branch Presidents did not come up with any one solution, though many ideas were floated. Every Branch has its own set of circumstances; some are so spread out that members are hours from one another, and rarely meet, while others are in very busy centres, and have trouble attracting volunteers. I almost felt bad explaining that our Branch has a good size of about 1200 members who live within a half-hour drive of the centre, and our meetings are relatively well attended. We have a fine executive Board that enjoys the monthly meetings, though you may recall that I am always on the lookout for new faces and ideas.

Did you catch that mention of the 60th Anniversary? In case you have not picked up on it, your Association celebrated its 60th year in 2023. From a modest beginning in 1963 it has grown steadily to its present 170,000 members, all the while scoring with successive Governments to improve our benefits and protect our pensions. We have representatives on Federal committees like the Public Service Health Care Plan, and have made presentations to Parliamentary committees on issues affecting seniors and retirees. They know we are here.

As always, there is a wealth of information on the website at federalretirees.ca, and our own Branch site which has a link from there. And if you're interested you can look at all the other Branches in there, as well. Who knows, you might meet up with someone you have worked with in the past.

Please keep up on our schedule, and come out to our two annual meetings and our Christmas and BBQ bashes. We will be happy to see you, and I promise not to push too hard to get more volunteers for the Board.



Merry Christmas!

Tom Kupecz
Branch President

**WE NEED
YOUR HELP**



Come Volunteer

The Quintrent Branch ON46, of the National Association of Federal Retirees office is open every second Wednesday of the month between 10:00 and 12:00 am., except July and August.

The Branch Office is located (side rear entrance) of the Lions Club building at **77 Campbell St, Trenton**

Telephone, mail and e-mail are monitored regularly. You can call us any time at **(613)394-4633** and leave a message after the tone and you will receive a timely callback. You can also contact us by e-mail at: federalsupernet@ball.ca





Times are tough, and SCAMMERS have doubled their efforts to relieve you of your hard-earned money.

Just recently, a treasurer of a nonprofit organization received an e-mail from his club president, asking him to pay a bill which has been overdue. The name on the salutation, the president's e-mail address and the message written in excellent English did not alert the treasurer that it could be a scam. The treasurer began the process of e-transferring funds to the account as requested, when it occurred to him to ask for an invoice before transferring the funds. Sure enough, he received a reply within seconds to his e-mail with an official looking invoice attached.

The subject of the invoice was vague, so the treasurer called the president of his club to get

clarification and to both of their surprise the e-mail didn't come from the president, even though his name was on the e-mail as addressee. After analyzing the e-mail and how they were both named properly on the suspect e-mail, they realized that their names and e-mail address on the club's public website gave the scammer the opportunity to devise a rather ingenious plan to extract funds from their organization.

A twofold lesson can be learned:

If you are part of a club, ensure that Executive members' contact information is not published on the club's public website;

Always check the sources before responding to a funding request.



Changing of the Guard - As one of us needs to leave, we need another to take his place.

As Winter follows Autumn, being part of something is followed by having to leave it. It has been a privilege and joy to serve on the Branch Executive with so many fine, talented and motivated people. Unfortunately, life's unexpected changes have caused me to leave my post, which I have enjoyed.

I remain a member of the Association because I believe in its goals, objectives and achievements in support and protection of our financial stability and medical support. However, there comes a time after many years of service to step back and allow myself to heal.

This is where you come in. Having served before or not having served at all, I ask you to take a few moments and reflect on what your executive members have given of themselves for you. Consider taking the burden off others, at least for a short while, and volunteer your time, expertise and dedication to serve on the Branch Executive. Without members giving of themselves to support an important cause, which benefits exclusively themselves, we will be left defenceless against the forces of political needs and government expediencies.

Attila Kostya
Public Relations



We Need You to Become a Volunteer

Volunteers are our lifeblood. The Branch has at present seven 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?**

**To Make OUR BRANCH Work
and maintain the benefits we enjoy
we must participate!**

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**

From The Branch Calendar of Events for 2023-2024



Branch Christmas Luncheon Friday, December 8, 2023

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: \$20.00
Seating is limited, Tickets available at the office, by phone or email – **NO DOOR TICKET SALES!**



Spring Annual Meeting Tuesday, April 16, 2024

Royal Canadian Legion Trenton



Summer BBQ

Date TBA in June, 2024
Royal Canadian Legion Trenton
Cost - Members & guests: \$20.00



Fall Annual Meeting

Date TBA in October, 2024
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
Welfare**

**Gloria Johnson
Agnes Ward**

Senior’s Issues

position vacant

Social Coordinator

position vacant

Public Relations

position vacant

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VISIT US AT OUR BRANCH WEBSITE

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

