

# BRANCH REPORT

## QC58 | Montreal

### President's message

Dear Members,

On 9 April, your branch held its Annual General Meeting in Laval to ensure a rotation of this event Between the two shores of Montreal Island. We noted a meaningful involvement of members, which is an indication that members appreciate this approach. We marked the departure of two directors, Camille de Varennes et Mireille Potvin. We recruited two new members, and our Board of Directors is now full. However, we are always looking for volunteers to support us with our Communications Committee and Advocacy Committee.

Our branch has invested a lot of energy in offering you in-person conferences and videoconferences on several popular themes such as personal finances consent to care, online fraud to name a few.

We established fruitful contacts with the Quebec Federal Council (QFC), which represents regional senior management, with the goal of collaborating on joint events such as the Workplace Charitable Campaign and National Public Service Week. These contacts allowed us to offer a virtual presentation of our Federal Retirees Association to public servants from the various departments. This initiative, in addition to promoting our national association, is an opportunity for us to recruit new members, whether they are active or close to retirement.

In closing, your Montreal branch is currently working on the implementation of a newsletter, which will allow us to provide you with better informed communications about our projects, our actions and important messages related to Federal Retirees.

**Jacques Lambert**  
Président, Montreal Branch

### Our Conferences / Activities

**WHETHER IN PERSON OR VIRTUAL MODE, THERE IS SOMETHING FOR EVERYONE!**

#### Past conferences and activities:

- **February 6, 2024** - Managing Your Retirement Finances RRSP, RRIF, OAS, GIS
- **March 18, 2024** - Protection Mandate, Homologation of the Mandate and Institution of Protective Supervision
- **March 28, 2024** - Lunch at the Constantin Sugar Shack
- **May 21, 2024** – Consent to Care: Why Should You Care?

BANNIÈRE DE PARTENAIRE

## CONTACT US

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### Email address:

info@anrfmontreal.ca

### website:

[www.anrfmontreal.ca](http://www.anrfmontreal.ca)

### Facebook:

<https://www.facebook.com/retraitesfederauxmtl/>

## UPCOMING EVENTS

### Christmas Lunch

**Wednesday, December 11, 2024**

Complete and return the reply-coupon on page 4 of this Branch Report.

**Registration before Nov. 19, 2024**

### Conferences

Please keep an eye on your Email. We plan several conferences/activities during 2024-2025

- **June 11, 2024** – Online fraud: better understanding to protect yourself

### Upcoming conferences and activities:

**September 5, 2024** – Holiday Inn Laval: Diane Lauzon, psychologist and head of the Alzheimer's Society in Laval, provides professional services. Her discussions will focus on various topics such as: Demystifying illness and other neurocognitive disorders, the human approach at the centre of support, risk reducing actions, etc.

**October 9, 2024** – Videoconference with journalist Gabrielle Anctil on "Artificial intelligence and its issues for seniors".

**Date to be determined** – Prevention of fraud, mistreatment, bullying and falls - Sophie Duchesneau

Keep an eye on your emails, our website ([www.anrfmontreal.ca](http://www.anrfmontreal.ca)) and our Facebook (<https://www.facebook.com/retraitesfederauxmtl/>) for more details. Several other conference topics are in the works, always free of charge for you, our members. We will also be holding conferences at the Royal Versailles located in front of the Radisson metro station. In addition, we collaborate with the other Quebec branches to share access to the various conferences.

We look forward to meeting you or welcoming you back, whether in person or virtually!

We are organizing these conferences with you in mind, so, please do not hesitate to suggest topics of interest to you.

**Angela Giacomo and Pierrette Gourde**

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## Advocacy / Reach 338

Advocacy is the priority for Federal Retirees. Every effort is made to maintain and improve the living conditions of our pensioners and other various benefits. The last article in our SAGE insert of May 14 touched upon our objectives for Reach 338, which aims to meet with the federal deputies in our large territory.

For example, we have already met with two deputies, Alexandre Boulerice of the NDP and Jean-Denis Garon of the Bloc Québécois. You can access the summaries of these two meetings on our website. We presented them with the three main priorities: medication insurance, the national seniors' strategy and enhanced retirement income security. We also provided relevant documentation for this purpose. We also explained that we are looking to foster an ongoing collaborative environment for exchange and information conducive to maintaining long term contacts.

We will continue our meetings with members of Parliament. We are planning an upcoming meeting with Emmanuel Dubourg, for discussions related to veterans, who represent a large proportion of our members.

**Sylvie d'Alcantara**

## Recruitment, Member retention and Partnerships

Last June, the Montreal branch of Federal Retirees took part in the celebrations of Canada's National Public Service Week. We offered recognition to public servants, by stating that "Canada can boast of the quality of its public service, marked by a strong sense of duty to the citizens of this country."

On this occasion, we invited officials from various Departments with offices in Quebec to attend a videoconference presentation informing them of our priorities and stoking their interest in joining our ranks now.

If you know any federal employees or retirees, we invite you to tell them about us and spark their interest in our association.

**Micheline Jolicoeur**

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## Volunteer Support

We are always looking for new volunteers to join our association. Please let us know if you are interested in joining our dynamic team, simply by sending an email to [info@anrfmontreal.ca](mailto:info@anrfmontreal.ca) with a summary of your work and volunteer experiences. We thank you in advance for your response to our appeal.

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## Moving / New Email Address?

In order to continue to receive your SAGE magazine and stay informed of all news from your chapter, its activities and partnerships, please notify us of your change of address and/or email address by contacting us at 514-381-8824 or by email at [info@anrfmontreal.ca](mailto:info@anrfmontreal.ca). **We want to keep you with us:** if you move to another region, it is possible to stay with your Montreal Branch, just let us know when you inform us of your change of address.

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## Christmas Luncheon - Wednesday, December 11, 2024

Once again this year, we are pleased to invite you to a festive luncheon to be held at **Plaza Universel**, 5000 Sherbrooke Street East, Montreal, H1V 1A1, in the « Sherbrooke/Viau ». Reception Hall. Lunch will be served at 12:00 pm, and we ask you **to arrive by 11:30 am.**

Public transportation and parking are available at the rear of the building. Please note that door prizes will be drawn, and once again this year, music and dance will be on the agenda!

The cost of this activity is **\$50 per person, for members, spouse members and potential members**. Tables will be set for 8 people. **Take this opportunity to invite a retired or soon-to-be-retired colleague and encourage them to join Federal Retirees.** "Registration required". You must notify us **in advance** to be seated at the same table as another member of your choice. The maximum number of places available is 150. First come, first served!

*We have a maximum capacity for 150 people, so First come, First served*

*Please note that your **meal voucher with your table number** will be available at the door.*

**Menu: Christmas Luncheon - Two bottles of wine will be served per table.**

**Cocktail:** Hot & cold appetizers and Non-alcohol punch

**Soup:** Minestrone soup      **Salad:** Green salad

**Main course # 1:** Chicken Parmesan served with pasta in rose sauce **OR**

**Main course # 2:** Grilled salmon with lemon sauce, served with rice and seasonal vegetables

**Dessert:** The Christmas dessert      **Beverages:** coffee, tea, water, and soft drinks

If you wish to be seated with family or friends, please write the full names of the persons on the reply coupon. You must inform us **in advance** if you wish to sit with another member.

If you wish to pay with **your credit card**, please go on our website [www.anfrmontreal.ca](http://www.anfrmontreal.ca) through our « **Events registration** » and follow the instructions or call the office at 514-381-8824 **or** you can forward your reply-coupon and your cheque **at the latest November 19, 2024** to the following address:

NAFR – Montreal Branch, 1940 Henri-Bourassa East, Suite 300, Montreal, Quebec H2B 1S1

***Postdated cheques after November 19, 2024 will be REFUSED and NO REFUND will be given after this date. Thank you for your understanding.***



**Name of member:** \_\_\_\_\_ **Membership number:** \_\_\_\_\_

**Name of spouse:** \_\_\_\_\_ **Member:** YES ☐ NO ☐

**Telephone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Enclosed my cheque:** 50\$ ☐ (1 member) or 100\$ ☐ (2 members) 50\$ ☐ (1 potential member)

If you prefer **fish** for your meal, check hereafter: 1 person \_\_ or 2 people \_\_ or 3 people \_\_

***If you have any allergies, it is important to let us know.***

**I WANT TO BE AT THE SAME TABLE AS:**

Name of the members	Membership number	Tick if Fish meal
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____