

Montreal Branch Newsletter



Message from the president,

Jacques Lambert

Dear members,

Your section has had a dynamic spring! On [April 8](#), we held our annual general meeting in hybrid format at the Centre St-Pierre. This format boosted member participation, a sign of your renewed engagement. A big thank you to the board members and all our volunteers for their outstanding work in organizing this event.

[From May 6 to 8](#), the six sections of the Quebec District met in Montebello, in the presence of National President Roy Goodall, for a strategic working meeting. At the heart of the discussions were: the state of the Quebec network, regional priorities for the coming months, and avenues of influence within the national committees.

[On May 27 and 28](#), the new board met to develop our 2025–2026 strategic plan. Three priorities will guide our actions: improving member services, strengthening our advocacy efforts, and developing new partnerships. In line with this, we signed an agreement in April with *Aidexpress*, a Quebec-based company offering personalized home care services, ranging from senior assistance to nursing care and support for caregivers.

In 2026, our section will celebrate its 60th anniversary. This will be a wonderful opportunity to celebrate our community's commitment! To make it a success, we will need volunteers, especially to help organize events. If you are interested, do not hesitate to contact us at info@anrfmontreal.ca or at **514-381-8824**.

At the national level, I am taking part in the special committee on the Association's structure, tasked with evaluating the relevance of the current geographic boundaries of the seventy-seven (77) sections and their capacity to effectively serve members. This foundational work is unprecedented and vital to the future of our national network.

Our conferences remain popular and are being shared among the Quebec sections. This collaboration allows us to offer diverse content tailored to your interests while avoiding duplication.

Finally, we have strengthened our partnerships: with the Quebec Public Servants' Council, we participated in the workplace charity campaign and marked National Public Service Week. Thanks to the Canada Revenue Agency, we were also able to present the association during retirement planning sessions, even though these are now held exclusively online.

Summer tends to be a quieter season, so I wish you a relaxing and restful summer. I look forward to reconnecting with you in the fall!

To have your spouse or friends become members, click on: [Membership](#)



In Memory of :



Jules Arbour

Marcel Couture

Tribute to Two Outstanding Volunteers who passed away!

At our Annual General Meeting held on April 8, the Montreal Branch took the opportunity to highlight the remarkable commitment of Jules Arbour and Marcel Couture, two pillars of our association. In recognition of years of dedicated volunteer service, each received an official certificate of recognition from the National President of the Association.

These carefully framed certificates were presented to their respective spouses in the presence of members, in a heartfelt and emotional moment. The enthusiastic applause from the audience expressed our deep gratitude to these men of great heart who have given so much to our community.

[Photos of the tribute](#) were taken on site and sent to the national office, which plans to publish an article about them in the upcoming winter edition of *SAGE* magazine.

We are proud to be able to count on such inspiring volunteers, and we salute their outstanding contribution to the mission of Federal Retirees.

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Advocacy, Sylvie d'Alcantara, Administrator

An annual strategic meeting was held on May 27 and 28 with all members of the Board of Directors. Sylvie Rocheleau, Québec district representative at the national level, has attended the meeting. This meeting allowed us to review the goals and actions of all committees, particularly the Advocacy Committee, to stay on course and adjust as needed.

The national advocacy policy is still in development. Following the district meeting held on April 22, attended by our president Jacques Lambert and Sylvie Rocheleau, increased collaboration between districts is being considered.

On May 13, Prime Minister Mark Carney announced the composition of Canada's new Cabinet. Click the following link to see the list of ministers: [The New Cabinet](#). In addition, the Cabinet is supported by 10 Secretaries of State who will provide specialized leadership on key issues and priorities. Click here to view the [new Secretaries of State](#).

The Ministry for Seniors has been replaced by a Secretariat of State entrusted to [Stéphanie McLean](#)—a decision that raises questions about the priority given to aging-related issues within the government's agenda.

We have therefore asked the national president, Mr. Roy Goodall, to send a letter to the Prime Minister's Office expressing the following points:

- Our surprise at this decision.
- Our request for an explanation regarding the choice of ministerial structure.
- The importance of strong, dedicated, and visible leadership to represent seniors within the Cabinet.
- And our willingness to collaborate with the new Secretary of State, while calling for full recognition of the strategic importance of aging-related issues.

Finally, following the Speech from the Throne delivered by King Charles III on May 27, we will now draw up a list of Members of Parliament to meet with, and a letter outlining our priorities will be sent to them by email.

Conferences and activities, Angela Giacomo and Pierrette Gourde, Administrators



A Little summer break... but stay tuned!

As summer arrives, our regular schedule for our conferences and activities is taking a well-deserved break. We hope this season gives you the chance to enjoy the sunshine, spend time with family and friends, and discover new inspirations.

On May 14, in collaboration with the National Film Board (NFB) Club, the conference "*La Traversée: A Story of Love, Stroke, and Caregiving*" was held, and it was a remarkable success. Click the link below to view the photos. [Photos gallery](#)

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Mark your calendar now: Our team has scheduled the first conference for **Tuesday, September 9**, from **2:00 to 4:00 p.m.**, on the **Zoom platform**. The theme will be: **"Taking Great Travel Photos with a Smartphone."**

A not-to-be-missed event for travel and photography enthusiasts!

In the meantime, stay connected! Visit our website regularly, follow our Facebook page, and keep an eye on your emails—you might come across a few surprises or important announcements.

Wishing you all a wonderful summer!

[Keep an eye on your emails or follow us on:](#)



Partnerships, Guy Bouchard, Administrator

A new name, the same protection: MEDOC becomes Belairdirect.

As of July 1, 2025, Johnson's MEDOC travel insurance will be rebranded as Belairdirect.

Your coverage, exclusive rates, and personalized service remain unchanged—only the brand image is evolving.

This change was shared in the spring edition of *Sage*, and a reminder will appear in the summer issue. The national office will also share the information starting June 30.

If you have any questions, you can contact MEDOC/Belairdirect at 1-855-772-6675.

Volunteer recruitment, Micheline Jolicoeur, vice-president.

Could you spare a few hours to volunteer?

We are currently looking for a bilingual individual interested in giving presentations in English via videoconference. To learn more, we invite you to visit [our website](#) at the following address, where you will find all the relevant details. You can also contact us at 514-381-8824 or info@anrfmontreal.ca.

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Tribute and Testimonials



Tribute to an Exceptional Volunteer, Arunas Staskevicius

In every organization, there are quiet pillars—individuals who, without seeking recognition, contribute to its smooth operation with remarkable dedication and precision. Today, we want to shine a light on one of these essential contributors: **Arunas**.

Arunas is ensuring that our communications transcend language barriers with accuracy and clarity. As our volunteer translator, he works tirelessly to make sure every document remains true to its original intent. His meticulous approach, unwavering availability, and impeccable respect for deadlines make him an invaluable asset to our organization.

This behind-the-scenes work, often unseen but always essential, deserves to be recognized. Thanks to Arunas, we can provide all our members with clear and accessible information, fostering better communication and strengthening our mission.

The Board of Directors would like to express its deepest gratitude. Thank you, Arunas, for your unwavering commitment, professionalism, and generosity. We are truly fortunate to have you on our team!

Join the Montreal Section on Facebook!

Looking for an easy and friendly way to stay updated on the activities and events of the National Retirees Association – Montreal Section? Join us on Facebook!

Our page is a vibrant space where you will find news about our activities, conferences and more. It is also the perfect place to ask questions, share experiences, and stay connected with a like-minded community.

Why Follow Us?



Get updates on our events and initiatives



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Invite your retired or pre-retired friends to join us too! (click on the three dots and **Invite friends**)

Let us grow our online community together! Subscribe today and be part of your association's activities.



[\[https://www.facebook.com/retraitesfederauxmtl\]](https://www.facebook.com/retraitesfederauxmtl)

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