



Montreal Branch Newsletter



Message from the President, Jacques Lambert

Dear members,

As the year draws to a close, I am pleased to address you to review our branch's achievements and to emphasize the importance of your commitment.

The past few weeks have been particularly significant. On November 2, I had the honour of representing our branch at the Correctional Services ceremony in Laval, in tribute to employees who died in the line of duty. On November 11, I was also present at the Royal Military College Saint-Jean for the Remembrance Day ceremony, where we paid tribute

to our veterans and recognized the sacrifices of those who have served our country. These moments of reflection remind us of the value of duty, public service, and collective memory.

At the same time, together with the Board of Directors, we are actively pursuing efforts to broaden the services offered to our members. This year, we have established new partnerships, notably with Aidexpress, to provide more support in the areas of home care and healthcare. Other initiatives are being analyzed to further expand the benefits we can offer.

I am also delighted to see the continued success of our videoconferences. The high number of registrations and your consistent participation demonstrate how useful and valued these meetings are. They allow us to stay connected, informed, and engaged across the country.

As we turn the page on 2025, I want to sincerely thank you for your loyalty, encouragement, and involvement. Thanks to you, our branch remains a place of solidarity, camaraderie, and sharing. I wish you a 2026 filled with health, peace, and great success. Together, let us continue to amplify the voice of federal retirees and strengthen our wonderful community.



In conclusion, I would like to share with you a **10-minute** interview I had with Matt Del Vecchio, radio host at CJAD on November 30, 2025. Click on the following link to listen to the interview.

[Advocating for Older Adults](#) (In English)

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





BREAKING NEWS!

Gisèle Tassé-Goodman Elected Chair of the National Board of Directors

The Montreal branch is pleased to announce the appointment of **Gisèle Tassé-Goodman** as the new National President of the National Association of Federal Retirees. We extend our sincerest congratulations. To learn more about her experience, click on the following link: [Election of November 19, 2025](#)

To listen to her message, click on the link below:



New pension indexation rate for 2026 set at 2%



The pension indexation rate for 2026 will be 2.0%.

Federal Retirees played a key role in establishing pension indexation.

We continue to be here to protect your interests. If you would like to learn more about pension indexation, click on the following link: [INDEXATION](#)

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60 years of history and mobilization! Pierrette Gourde



Let's celebrate together!

As announced in the September 2025 newsletter, this year marks a memorable milestone for the Montreal Branch of the National Association of Federal Retirees (NAFR): we are celebrating our 60th anniversary!

The theme chosen to mark this occasion is:
"60 Years of Evolving Our Rights."

Since our founding in 1966, we have worked passionately to support federal employees, including judges, veterans, and former RCMP members, to promote a healthier retirement -- physically, mentally, and financially. We diligently fulfill our mandate to advocate for the interests of our nearly 12,000 retired and pre-retired members.

To celebrate this significant anniversary, we will be hosting three special events bringing together our members, partners, and volunteers. These gatherings will be opportunities to highlight our achievements, thank those who support us, and promote our mission.

Among the planned activities, you will also find a quiz game developed by Anita Miner, as well as various entertainment options.

Major Events for the 60th Anniversary

- **May 21, 2026 – Laval (1 p.m. to 5 p.m.) – Free event:** At the Armand-Frappier Health Museum: visit the "Move More" exhibit and participate in a lab activity.
- **June 4, 2026 – Brossard (2:30 p.m. to 5:30 p.m.) – Free event:** At Surf Oasis in Quartier Dix30: dancing, wave pool, and photo booth. A festive and one-of-a-kind experience!
- **November 19, 2026 – Montreal (4 p.m. to 10 p.m.) – Paid event (\$):** Grand closing party to be held at the Plaza Le Rizz reception hall in Saint-Léonard. On the program: special guests, comedians, entertainment, and dancing. A memorable evening to close out our 60th anniversary and kick off the Christmas festivities! 👉 Keep an eye on your emails for all upcoming details, including registration opening and participation cost.

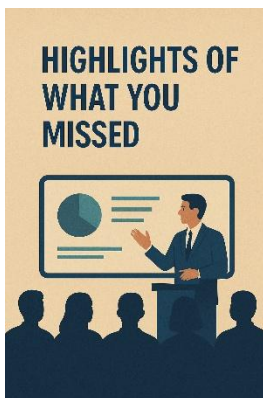
Please give us your feedback on the suggested activities by completing the [survey](#) on the last page of the newsletter.

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Conferences and activities, [Angela Giacomo](#) & [Pierrette Gourde](#)



HIGHLIGHTS OF WHAT YOU MISSED

October 2, 2025 – Virtual session on medical assistance in dying, presented by Dr. Georges L'Espérance, neurosurgeon. Click on the following link to watch or rewatch the presentation: [Medical Aid in Dying](#) (In French).

October 21, 2025 – Presentation on home care, presented by Mr. Philip Lefrançois, Aidexpress. Click on the following link to watch or rewatch the session: [Home Care](#) (In French).

November 10, 2025 - Session on how to travel differently, presented by Mr. René Bourassa. Click on the following link to watch or rewatch: [Voyager autrement – Force de l'amitié](#) (In French)

November 11, 2025 – Remembrance Day – We were there! Click on the following link to read the message from our President Jacques Lambert, and to see photos of the ceremony: [Remembrance Day Photos](#)

December 9, 2025 – Christmas Event 🎄 - Click on the following link to see the photos. [Photo Gallery](#)

Upcoming conferences and activities



January 13, 2026 – Settling an Estate: Roles of the Liquidator (**Part 1 required to participate in Part 2**). Click on the following link to register:

[Register](#)

January 27, 2026 – Liquidation Mandate: Roles of the Liquidator (**Part 2**). Click on the following link to register:

[Register](#)

February 18, 2026 - Héma Québec: A new partner of the Montreal Branch. Click on the following link to register:

[Register](#)

March 9, 2026 – Housing rights for seniors: RPA (private seniors' residences), accommodation, what is the situation? - Registration coming soon – watch your emails.

Prefer to register differently? Contact the Montreal office at **514-381-8824** or write to us at info@anrfmontreal.ca.

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Advocacy, Sylvie d'Alcantara

The Board of Directors met on October 9. At this meeting, we welcomed Ms. Angela Nembavlakakis, the new provincial Advocacy Officer (PADO) and Communications Officer between the national office and the Montreal Branch, as well as Ms. Sylvie Rocheleau, National Director.

Prior to the meeting, we had sent Ms. Nembavlakakis the five reports from our visits to Members of Parliament. It was Ms. Nembavlakakis who provided us with a sample letter, the list of elected officials to meet, and the information kit. The main priority themes remain retirement income, aging, health services, veterans' well-being, and equity.

Ms. Rocheleau emphasized the importance of developing a comprehensive overview to increase our media visibility. Federal Retirees is currently analyzing the reactions to the November 4 budget and its impact on seniors. Furthermore, the national office recently met with Ms. McLean, Secretary of State for Seniors.

A Zoom meeting with Ms. Nembavlakakis was also held on November 12. The following points were discussed:

- Follow-up to the Granby district meeting
- Review of the NAFR's submission for the 2025 budget
- Analysis of issues affecting seniors within the 2025 budget
- Planning of upcoming meetings with Members of Parliament
- Questions regarding the "2025 Toolkit"



National Association
of Federal Retirees
**PREFERRED
PARTNER**

Partnerships, *Partners Committee*

Our Partners: A Network of Benefits Serving Our Members

The Montreal Branch of the National Association of Federal Retirees benefits from a network of local and national partners who support the well-being of its members by offering discounts, exclusive services, and reliable resources.

Partners of the Montreal Branch

The Montreal branch actively works to develop relationships with local businesses to offer benefits that meet the needs of our members. To learn more, please visit our website by clicking on the following link:

[Montreal Affinity Programs](#)

National Partners

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



At the national level, Federal Retirees offers its members a wide range of programs and discounts covering several areas: auto and home insurance, travel, health and wellness, financial services, and technology and telecommunications. The complete and up-to-date list can be found on the Federal Retirees national website by clicking on the following link: [National Affinity Programs](#)

These partnerships allow us to offer tangible savings to members while supporting businesses committed to seniors. They strengthen ties with the community and enrich the experience of belonging to the association.



Answers to your questions and comments, Communications Committee

Do you have questions? Other members do too! In this Q&A section, we share your questions and our answers. You can submit yours in the [survey](#) on the last page of the newsletter. You can also do so by calling us at 514-381-8824 or simply by writing to us at info@anrfmontreal.ca

Question or comment

“Thank you for your dedication. I think you’re doing an excellent job with the newsletter. There’s just enough text to make it interesting. The idea of adding links is excellent – we love clicking on links! The layout is superb. Well done!”

Committee response

Thank you so much for your kind words! The committee greatly appreciates your encouragement and is pleased to know that you are happy with the current format. Your positive feedback motivates us to continue in this direction.

Question or comment

“We would like to meet with members of the organization from the Laval region.”

Committee response

Thanks for your comment! 😊

You'll have the opportunity to meet members from the Laval region at the event planned for next spring. This event will celebrate the 60th anniversary of the Montreal branch -- a perfect time to forge new connections. Keep an eye on your emails for more information!

Question or comment

“When will the details of our section’s 60th anniversary in 2026 be published?”

Committee response

Our team typically plans activities about three months in advance to coordinate key elements, including room availability, speaker participation, coordination with other sections, and adjustments related to special projects, such as the 60th anniversary activities. The Board of Directors continues its efforts to offer increasingly predictable and well-structured programming.

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Volunteer Recrutement, Micheline Jolicoeur

We are looking for a volunteer with a professional designation or a bachelor's degree in accounting. The successful candidate would be asked to audit our accounting records at our offices at 1940 Henri-Bourassa Boulevard East, Montreal.

This informal data compilation task would take only one day. All travel expenses and meals will be reimbursed.

If you are interested, please contact the treasurer, Ms. Pierrette Gourde, at 514-381-8824 or by email at tresorier@anrfmontreal.ca.

Furthermore, a director position on the Board will become vacant in April 2026. The organization is therefore issuing a call for applications to recruit a member interested in getting involved. Founded on volunteer engagement, the Montreal branch relies on committees led by Board members to advance the causes of Federal Retirees. If you are interested, please complete the following nomination form: [FORM](#).



Take part in our survey! Communications Committee

Your participation is valuable and your opinion counts! Tell us what you would like to read in our next editions by clicking on the button below:



*We invite you to visit the website and Facebook page
of the Montreal Branch
by clicking on the links below.*



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