

Montreal Branch Newsletter



Message from the President, Jacques Lambert

Dear members,

For several months now, your branch has been actively making efforts to improve not only the services offered to members, but also their quality and relevance. Virtual workshops are enjoying increasing success thanks to topics that directly address the concerns of current and future retirees. For example, the session on the role of the liquidator attracted over 350 participants. The meetings on home care services, senior living residences, and senior taxation were also very popular.

These activities are now offered to all members in Quebec thanks to close collaboration among the six branches of the Quebec district. This pooling of resources allows us to expand our service offerings while strengthening ties among the branches. Behind each of these initiatives are dedicated volunteers who generously devote their time and energy to the benefit of our members. I would like to sincerely thank them for their remarkable commitment.

On April 7, your branch held its Annual General Meeting in a hybrid format at the Escad Hotel at the Dix30 in Brossard. The meeting was a resounding success. For the past three years, the Board of Directors has chosen to alternate the locations of this meeting between Montreal, the South Shore, and the North Shore to promote more participation by our members. Next year, we will have the pleasure of meeting on the North Shore. I am also pleased to note that your Board of Directors is now complete, with eleven dedicated directors.

As well, the Quebec branches recently met in Magog to discuss matters with National President Gisèle Tassé-Goodman and Executive Director Anthony Pizzino. Discussions focused primarily on the future of our Association and the evolution of its governance. Your participation in the National Survey launched last April demonstrates the extent to which members wish to actively contribute to the future of our organization.

Finally, in the context of declining membership nationwide, your branch is intensifying recruitment efforts among future public service retirees. We continue to advocate with government departments and actively participate in pre-retirement sessions in the Montreal area. You can also help us grow our Association by telling retired colleagues or friends who are not yet members about the NAFR.

Together, let's continue to build a strong, active, and deeply human branch.

To have your spouse or friends become members, click on: [How to become a member](#)



Conferences and Activities, [Pierrette Gourde](#)



On **25 March 2026**, we had our dinner at the Constantin sugar shack. Click on the following link to view the photo gallery: [Photo Gallery](#)

On **31 March 2026**, Revenue Quebec presented the conference "Seniors and Taxation." If you missed this conference, you could consult the document of useful links on seniors and taxation. [Document – Des liens utiles pour les aînés \(In French\)](#)

On the morning of **7 April 2026**, the Annual General Meeting (AGM) was held at the Escad Hotel in Brossard. Members present, both in person and online, adopted the 2025 minutes. Treasurer Pierrette Gourde presented the 2025 financial statements, the 2026 budget, and adjustments to reserves. The meeting also included the President's address, committee presentations, elections, tributes, and a question period. In the afternoon, members, both in person and online, attended the Senior Advisory Conference, led by Robert Dufresne of FADOQ with a police officer from the Longueuil Police Service, on fraud prevention. If you need assistance, click on the document [Agissons contre la maltraitance](#) Click here to see photos taken during the conference: [Photo Gallery](#)

On **13 May 2026**, a conference was held by the Albatross Movement, whose mission is to support terminally ill individuals receiving palliative care, providing them with support until their final moments, while also offering invaluable support to their loved ones. Click here to learn more: [Mouvement Albatros \(In French\)](#) or click here to watch or rewatch the conference: [Conference – Albatross Movement](#)

On **21 May 2026**, the 60th anniversary celebrations of the branch were launched at the Armand-Frappier Health Museum. This event, offered free of charge to all registered members, was a great success. Click on the following link to view the photos: [Photo Gallery](#)

Upcoming Conferences and Activities



With the arrival of summer, our regular program of information sessions and activities is on hold. We hope this summer season will offer you the opportunity to fully enjoy the beautiful weather, precious moments with family and friends, and inspiring discoveries.

However, there are still some upcoming celebrations for the section's 60th anniversary:

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4 June 2026. This event will be held at the Surf Oasis in the Quartier Dix30. Once again, this is a free activity focused on fun and relaxation. The event promises a festive yet laid-back atmosphere. To learn more or to register, click on the following link: [SURF OASIS – QUARTIER DIX30 \(Registration required\)](#)

We are also pleased to announce another upcoming activity: the Charlevoix Fall Colors Trip, which will take place:

- **5-6 October 2026.** This autumn getaway will allow you to discover the magnificent landscapes of Charlevoix in their vibrant colors, while enjoying a friendly stay with other members. For complete details about the trip and registration, please visit our website: [VOYAGE AUX COULEURS DE CHARLEVOIX – 5 ET 6 OCTOBRE 2026](#)

Until then, stay connected! Visit our website regularly, follow our Facebook page, and keep an eye on your emails: you might discover some surprises or announcements you won't want to miss.

Have a great summer, everyone!



Action Plan and Priorities for the Coming Year

We are currently working on developing our action plan for the coming year. As part of this process, we have received an update from the national office aimed at guiding the establishment of our advocacy priorities. The identified priority areas are as follows:

- 1. Income and Retirement Security:** Protect and strengthen pension plans.
- 2. Positive and Healthy Aging:** Promote policies that foster security, access to care, and social inclusion.
- 3. Reliable Health Care:** Ensure equitable access to quality public care, establish national standards for long-term care, and strengthen pharmacare.
- 4. Veterans' Well-being:** Guarantee access to adequate, quality care.
- 5. Fairness for Federal Retired Members:** Ensure that pension fund surpluses are not used for other purposes.

Furthermore, we are preparing a draft letter to be sent to the 38 targeted Members of Parliament in Quebec. Depending on the responses received, meetings will be organized to continue the discussions.

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Tribute to Angela Giacomo



At our Annual General Meeting on April 7, 2026, we had the privilege of honoring Angela Giacomo for her twelve years of exemplary volunteer service.

Through her sincere commitment, generosity, and sense of duty, she has profoundly impacted our chapter. Over the years, Angela has built strong relationships, supported her colleagues, and wholeheartedly contributed to the quality of our activities.

We are immensely grateful to have had such a valuable individual on our team, whose human and professional impact will remain with us for a long time. Angela will maintain ties with the Montreal branch and lend her support when circumstances allow. Congratulations!

Click on this link to see more photos taken during the AGM. [Photo Gallery](#)



Volunteer Mobilization, [Micheline Jolicoeur](#)

Are you still interested in the federal retirees' community? The Montreal branch is looking for people with skills in two (2) areas:

1- Communications

Do you ever think about using your knowledge and experience in communications? Tell us specifically what interests you in communications, and we can suggest a contribution tailored to your skills and objectives.

2- Recruiting New Members

We are looking for people interested in leading our information sessions for future retirees, in English. These 45-minute sessions are offered via Zoom, and you will receive all the necessary training and support to feel comfortable leading the sessions and delivering the content.

Send us a brief email at info@anrfmontreal.ca and we will contact you to schedule a meeting to discuss your interests and answer any questions you may have.

Joining the Montreal branch means becoming part of a dynamic team that can open doors to new opportunities, if you so desire.

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Member Recruitment & Retention, Guy Bouchard & Yorgo Yumukoglu

We aim to maintain and increase our membership through various communication initiatives. Specifically, in March, a booth was set up in the Guy-Favreau Complex, and in April, during information sessions with the CFQ, we launched an invitation for a second information session with CRA (Canada Revenue Agency). We will also continue working to establish booths at selected military bases.

Achieving our objectives depends on the commitment of proactive members. Our team is mobilized and ready to meet this challenge.

We would like to remind our members that, as retirees, you have much to offer by sharing your time and expertise. Our association offers flexible volunteer opportunities—long-term, short-term, or on an ad-hoc basis. Volunteers are an essential resource at the heart of our organization.



Join the Montreal Branch on Facebook, Martine Daoust

Our page is a dynamic space where you'll find information about our activities, conferences, and much more. It's also the perfect place to ask questions, share your experiences, and stay connected to a community that shares your interests.

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Take part in our survey, Communications Committee

Your participation is valuable and your opinion matters! Tell us what you'd like to read in our upcoming editions by clicking the "Give your opinion" button below.



Stay connected with us!

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