

BRANCH REPORT

AB16 | Calgary & District

CONTACT US

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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, 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

As only can happen in Alberta, winter arrived early to the Calgary & District. I hope everyone was well prepared and had their winter tires installed before the snow arrived!!! Please remember to be safe and careful when walking on icy sidewalks, and use appropriate techniques when shovelling snow.

At the time of this writing, the Federal Election had not been held but the Association will be looking forward to getting to know the elected Government in order to continue making them aware of NAFR and pursuing important seniors' issues.

Several members of the Board attended the Prairie & NWT meeting in Red Deer in early October. The National Operational Plan was presented and reviewed.

The Board of Directors of the Calgary & District Branch are now working on Branch Operational Plans in line with the Strategic Plan and the National Operational Plan.

We continue to look for, and would welcome any ideas for our quarterly luncheons. As always, we are looking for members who wish to share their time and talents with us - whether assisting at luncheons, volunteering in the office sitting on a committee or helping to organize events.

Please remember to check out the Branch website www.nafrcgy.ca for information on events and other information relevant to the Association.

On behalf of the Board of Directors, may I take this opportunity to wish you and your families best wishes for the holiday season - and may 2020 bring health, happiness and laughter.



Respectfully,

Pat Henderson
Branch President





2020 Luncheons

GF= Gluten Free; **DF=** Dairy Free, **NF=** Nut Free

February 21, 2020

Baked Scones
Roasted Parsnip Soup - GF, NF
Pork Tenderloin - GF, DF, NF
Assorted Squares

April 17, 2020

SPEAKER: Minister Pon, Minister of Seniors and Housing

Baked Scones
Roasted Trio Beet Salad - GF, DF, NF
Grilled Alberta Sirloin - GF, DF, NF
Assorted Squares

September 25, 2020

Baked Scones
Tuscan Green Salad - GF, DF, NF
Citrus Chicken Breast - GF, NF
Assorted Squares

November 13, 2020

Baked Scones
Forest Mushroom Soup - GF, NF
Roasted Prime Rib - GF, DF, NF
Creme Brulé -GF, NF

NOTE: Guest speakers and topic information details to follow.

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Alberta Seniors and Housing provides programs and services to assist seniors and promote their safety and wellbeing. The ministry also supports the development of affordable housing and ensures Albertans in need have access to housing options.

\*\*The following poster should be displayed on appropriate spaces within the community to get the word out.





**UPCOMING EVENTS****Business Meeting and  
Quarterly Luncheon****February 21, 2020  
10:30 a.m.**Fort Calgary, Second Floor  
750 – 9<sup>th</sup> Avenue SE  
Calgary, Alberta  
T2G 5E1Members \$15  
Non-members \$20**Reserve a seat by  
emailing  
[fsnocal@telus.net](mailto:fsnocal@telus.net) or  
calling the office at 403-  
265-0773 one to two  
weeks before the  
function. We have to pay  
for the number of meals  
ordered once we have  
committed to that  
number, therefore, if you  
cannot attend the  
luncheon, it is very  
important to please  
phone the office and  
cancel five days before  
the luncheon.****NATIONAL ASSOCIATION OF FEDERAL RETIREES****Board and Volunteer Listings  
2019-2020****President:** Pat Henderson**Director:** Heather Thompson**Vice-President/Treasurer:**  
Guy Lallier**Director:** Gerry Thompson**Membership:** Jennifer Johnson**Director:** Anne Prusakowski**Secretary:** Gabrielle Simpson**Director:** Ron Beirnes**Volunteer Coordinator:**  
Sally Manchurek**Director:** Roloin Vetsch**Health Benefits Officer:**  
Steve Harbicht**Director:** Vacant**Past President:** Rob Pollard**CONTACT US**National Association of Federal Retirees  
Calgary & District Branch  
Kerby Centre  
Room 302, 1133 – 7<sup>th</sup> Avenue SW  
Calgary, Alberta T2P 1B2Association Website: [www.federalretirees.ca](http://www.federalretirees.ca)Calgary & District Branch Website: <https://nafrcgq.ca>

PARTNER BANNER

