



BRANCH REPORT

ON46 | Quintrent Branch

CONTACT US

QUINTRENT BRANCH ON46

PO BOX 21016 RPO
TOWNE CENTRE
TRENTON, ONTARIO
CANADA K8V 6S2

FEDERALSUPERNET@BELLNET.CA

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

Do you remember the CTV show "Here Come the 70s?" It aired at a time when we were all agog at the wondrous things happening now and just around the corner. It was a hopeful time, but the producers couldn't imagine what the world would look like 50 years later. And the robots were so lame back then

So now, I've tapped into a website that will teach me how to deal with artificial intelligence, and I've been getting a lot of mail (e and otherwise) urging me to electrify my car, my heating, and heaven knows what else. I'm not afraid of new tech; I've long used a battery-powered lawn mower, and my chain saw and leaf blower are battery-electric, but at the same time I tend to be cautious about things that are still getting mixed reviews. I'll go the electric route as soon as I am sure I won't be stranded somewhere on the highway or freezing during the next power failure. And I'll have an 'Assistant' in the house as soon as I can be sure he/she/it is not plotting to empty my bank account and take over.

But seriously, folks - I'd like to welcome the newcomers to NAFR, Quintrent Branch, and encourage everyone to come out to our meetings. We get to enjoy some food and visit with other retirees, and listen to some interesting and entertaining speakers. All part of the service - I told you the annual dues are a good deal. There are two Annual Meetings of Members, Spring and Fall - just check this magazine, the Bulletin, or the website for times.

And don't forget the two parties we throw - the BBQ in June and the Christmas Dinner in, you guessed it, December. Low price, good food, great company - a bargain!



Save 25%
on your annual membership
dues by switching to the
DDS payment option!

Federal Retirees is offering a one-time 25% discount on annual membership dues for every member who switches to the Dues Deduction at Source (DDS) payment option.

Make the switch to DDS today! Call 1-855-304-4700 or visit federalretirees.ca/DDS for more information.



National Association
of Federal Retirees
Association nationale
des retraités fédéraux





IN MEMORIAM 2024

It is with deep regret that we have learned of the passing of the following members. The heartfelt sympathy of the branch is extended to their families and friends.

**Pauline Fielding
Penny Sandell**



**for Past Years
2023
2022**

Consult Branch Website

The Ontario District Branches have been meeting by Zoom and in person to share ideas and plan how to continue to achieve the aims of the Association. We've been meeting with and bugging our political representatives to make sure they know we exist and are a powerful voting group. The National Office has been a big help in providing ideas, material, and online assistance. They are very knowledgeable and dedicated, and easy to work with.

Have you noticed the calls for members to volunteer for Board positions at all levels? We need people at the Branch, District and National levels to provide their own ideas and expertise to a cause that couldn't be more important to us deserving retirees. Our Branch has a new Board member – Sarah has fit right in – but we need more people to join the fun. Give me a call (or e-thing) if you think you might be interested.

I certify that this epistle has not been written by an AI.



Sincerely

Tom Kupecz
Branch President



Come Volunteer

The Quintrent Branch ON46 of the National Association of Federal Retirees **office is open every second Wednesday of the month** between 10:00 and 12:00 am., except July and August.

The Branch Office is located (side rear entrance) of the Lions Club building at **77 Campbell St, Trenton**

Telephone, mail and e-mail are monitored regularly. You can call us any time at **(613)394-4633** and leave a message after the tone and you will receive a timely callback. You can also contact us by e-mail at:

Nafr46@bellnet.ca



Fraud and scams tips and safeguards

- Keep all personal documents in a secure place. If you don't need them, do not carry your birth certificate, passport or SIN card.
- Never tell another person your PIN or account password and take care to cover with your hand when entering your PIN at bank machines and when making store purchases.
- Safely dispose of old bills and statements. Shredding is best.
- Do not click on pop-up windows or respond to emails, open attachments or go to website links sent by people you do not know. Your bank or credit union will not send you anything by email unless you ask them to.
- Never give out your credit card, bank account or personal information to someone over the phone, at the door or over the internet unless you know the person or organization you are dealing with, or you made the contact.
- Do not sign an agreement or contract to buy anything without giving yourself time to think it over. If a salesperson insists that an offer is time-limited and you must decide that moment, it is probably better not to buy.
- Be suspicious if someone you don't know asks you to send them money or a cheque, or to return money they "accidentally" sent you.
- Before hiring someone or agreeing to have work done on your home, ask for proof of identity and references and check them.

What should I do if I think I have been scammed?

All fraud and scams should be reported, even if you are embarrassed or feel the amount of money is too small to worry about. While you might not be able to get your money back, you can help stop the con artist from scamming other people.

Report all fraud and scams to your local police, or call PhoneBusters at 1-888-495-8501.

Where can I find out more?

There are many good online sources of information about fraud and scams. The Financial Consumer Agency of Canada website (canada.ca/en/financial-consumer-agency), provides information about your rights in dealing with banks and other financial institutions.

For more information, visit canada.ca/seniors or visit your local Service Canada office.

To order additional copies of this publication, or for help finding a phone number in your province or territory, call 1-800-O-Canada (1-800-622-6232), TTY: 1-800-926-9105.





To recognize SCAMS & FRAUD

Check out these sites:

- a. <https://www.canada.ca/en/r-evenue-agency/campaigns/fraud-scams.html>
- b. <https://www.antifraudcentre-centreantifraude.ca/scams-fraudes/index-eng.htm>
- c. <https://www.canada.ca/en/services/finance/fraud.html>

Renew your membership

1. Your membership is automatically renewed when you have your dues deducted from your monthly pension cheque (DDS).
2. We send members who pay by credit card or cheque a letter advising them that it's time to renew.

2024 membership fees

	Year	Month
Single	\$52.92	\$4.41
Double	\$72.60	\$6.05

How to sign up?

1. Call our membership team toll free at **1-855-304-4700 ext 300**
2. Visit federalretirees.ca and click on the join menu

From The Branch Calendar – Events for the year

Spring Annual Meeting

Tuesday – April 16, 2024

Royal Canadian Legion Trenton

Speaker – Richard Wright

Topic: Will & Inheritance



Summer BBQ

Friday – June 7, 2024

Royal Canadian Legion Trenton

Reserve your tickets, space limited

No Ticket Sales at the door



Fall Annual Meeting

Tuesday – October 15, 2024

Royal Canadian Legion Trenton

Meet & greet 11:30am, Lunch 12:00pm

Branch Christmas Luncheon

Friday - December 6, 2024

Royal Canadian Legion Trenton

Reserve your tickets space limited

No Ticket Sales at the door



NATIONAL ASSOCIATION OF FEDERAL RETIREES

TRENTON - QUINTRENT BRANCH

BRANCH EXECUTIVE DIRECTORS

President

Vice-president

Secretary

Treasurer

Deputy treasurer

Directors: Telephone committee

Welfare

Senior's issues

Social coordinator

Public relations

Tom Kupecz

Hugh Mackay

Nancy Everett

Alex Chambers

Gary Rodrigue

Gloria Johnson

Agnes Ward

A volunteer is needed

Sarah Keoughan

Gary Rodrigue

CONTACT US

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PO Box 21016 RPO Towne Centre, Trenton, ON. K8V 6S2

VISIT US AT OUR BRANCH WEBSITE:

www.federalretirees.ca/en/branches/ontario/quintrent-branch

