



BRANCH REPORT

ON46 | Quintrent Branch

CONTACT US

QUINTRENT BRANCH ON46

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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

Trying to write this Sage blurb for the winter edition while it's almost 30 degrees outside calls for some lateral thinking. Now in mid-September it is almost as hot as it was for the National AMM in Ottawa (Gatineau) last summer. At least the heat and current lack of rain has made the grass stop growing. One of the wettest summers on record has meant that the mower has had quite a workout (that's me). And I like to point out that the rain has been good for all the lovely wildflowers. Then Kate reminds me, "They're weeds."

So about that AMM – another good session with lots of interaction with the branches from across the country. We elected new members to the National Board and discussed a number of issues, like the Association's campaign to support seniors and ways of getting our message to politicians, who seem to be getting more into election mode nowadays. We also worked on the new Strategic Plan for the next five years – doesn't sound exciting but actually engendered some lively debate. You can find all the info you want on this and more on the website www.federalretirees.com

We also were able to socialize with Canadians from across the country between sessions, and talk with the Association's Preferred Partners (also found on the website, bottom of the page). They provide a lot of good discounts on travel, financial advice, health, insurance, and technology (cool gadgets). Have a look – they're great people.

Not sure what to
get for the federal
retiree who has
everything?

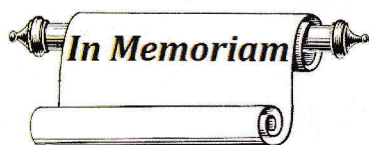


Give the gift of membership
until Dec. 31 for a chance to
win one of eight great prizes!
federalretirees.ca/gift



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.



for Years

2024

2023

2022

Consult Branch Website

Talking with other Branches, we find some are doing very well but some are not. The 'not' category is there because they have run out of volunteers to run the Board. I rather smugly announced that ON46 is doing fine, with a good group of Board members, and a steady turnout of around 8 to 10 percent of members to our annual meetings and parties (much better than most). Then I had to admit that we are lucky in having a very compatible Board that enjoys it, and that our Branch is geographically small – most members live within 30 minutes of the centre. Not the case for many Branches -- they have ageing and infirm volunteers and huge areas that make travel to meetings very difficult.

What does that mean for us? We are happy with our good fortune, but really ought to look to the future. Soon enough your youthful Board will not be so much so, and our faithful members will likewise start to fade away. We need to sign up more members and strong-arm more volunteers. On the first count, the Association is running a membership drive with lots of motivating prizes and publicity. This is an activity that anyone can get into. Just think – you could sign up your neighbour and win a bundle! Check the website!



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





Using medications safely

Prescription and non-prescription medications can help treat diseases and conditions, and make you feel better. But taking these medications correctly is important. All medications carry some risk. Side effects (also known as adverse reactions) can occur even when the product is used correctly. For example, you could have a mild side effect like a minor rash, or a [severe allergic reaction](#). Following directions, asking questions, and sharing your medical history are all ways to help reduce the risk of [side effects](#).

Know the risks All medications carry some risk. Make sure you learn about these risks before you take the medication. Common risks include:

- Combining medication with certain foods, beverages, vitamins, or other health products that can cause harmful interactions
- the medication not working as it should
- the medication causing more health problems

Reduce your risk. Follow directions

Always use medication as directed by your doctor or pharmacist. This includes when to take it, how often, and for how long. You should also know when and under what conditions you should stop using your medication, and what to do if you miss a dose. Always read the product label and follow the directions closely.

Talk to your healthcare professional Talk to your doctor, pharmacist, or other healthcare professional about all aspects of your medication. Discuss any questions or concerns you might have.

Learn about your medication

- Ask your healthcare professional why you are being prescribed the medication, how it should work, and whether you will need regular check-ups or tests.
- Ask about how to reduce the risk of side effects and possible harmful interactions with food, beverages (like [grapefruit juice](#)), vitamins, and herbal supplements.
- Ask when you should expect to start feeling better, and if and when you should go back to your doctor.
- Ask your pharmacist for documentation/pamphlets on the medications you are taking.

Store medications safely

- Always keep products in their original containers, even when travelling.
- Never combine different medications in the same bottle.
- Keep products in a cool, dry area, away from the sun.
- All medications must be kept out of the reach of children.

Dispose of medications properly

At least once a year, go through your medicine cabinet and remove all prescription and non-prescription medications that are expired or that you no longer take. [Medications must be disposed of correctly](#): return them to your pharmacy or to your local waste disposal depot.

Report a side effect

It is important to report a side effect to a medication by contacting your healthcare professional.

You can also [report it directly to Health Canada](#).





To recognize SCAMS & FRAUD

Check out these sites:

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

Renew your membership

- Your membership is automatically renewed when you have your dues deducted from your monthly pension cheque (DDS).
- 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?

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

From The Branch Calendar – Events for the year

Branch Christmas Luncheon

Friday - December 6, 2024

Royal Canadian Legion Trenton
Reserve your tickets space limited

No Ticket Sales at the door

Spring Annual Meeting

Tuesday – April 15, 2025

Royal Canadian Legion Trenton
Speaker TBD

11:30 for 12:00 Lunch

Summer BBQ

Friday – June 6, 2025

Royal Canadian Legion Trenton
Reserve your tickets, space limited

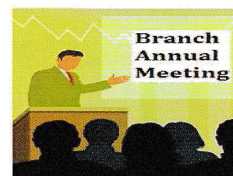
No Ticket Sales at the door

Fall Annual Meeting

Tuesday – October 21, 2025

Royal Canadian Legion Trenton
Speaker TBD

11:30 for 12:00 Lunch



NATIONAL ASSOCIATION OF FEDERAL RETIREES

TRENTON - QUINTRENT BRANCH

BRANCH EXECUTIVE DIRECTORS

President

Tom Kupecz

Vice President

Hugh Mackay

Secretary

Nancy Everett

Treasurer

Alex Chambers

Deputy Treasurer

Gary Rodrigue

Directors - Telephone Committee

Gloria Johnson

Welfare

Agnes Ward

Senior's Issues

volunteer is needed

Social Coordinator

Sarah Keoughan

Public Relations

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

