

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

End February, with snow up to here.

As I have noted before, it is difficult to write an interesting piece in the middle of winter when it won't be published for several months. In these exciting times things are changing so fast that you have to check the news in the morning to see what is still real, and what new truth/fiction has been foisted on us overnight. So, let's focus on the things that don't change, come what may.

We still have a country, due in large part to us, the Federal Retirees, who made a career of service to Canada. And Federal Retirees is still a serious player in Ottawa, whichever government is in power, due to our large numbers, our dedication to the country, and our ongoing contribution to advocacy for retirees and all Canadians.

We still have constructive relations with our neighbours and allies, because Canadians are committed to "Peace, Order, and Good Government" and have no designs on anything other than making the world better. Canada, through governmental, military, and commercial ties, has made a positive contribution to the world, and members of the Association can be proud of what we have achieved in our careers. And for you members reading *Sage*, what we continue to contribute through Federal Retirees' advocacy.



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.

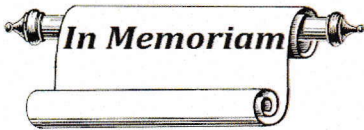
Make the switch to DDS today! Call 1-855-304-4700 or visit federalretirees.ca/DDS for more information.



IN MEMORIAM 2025

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.

Madge Fancy
Robert Doan
Gwyn Scott
Norma Doan



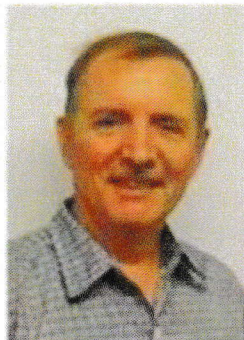
for Previous Years

Consult Branch Website

Federal Retirees still takes an active role in the process of seeing to the well-being of Canadians by taking part in several government committees and boards, providing a voluntary wealth of experience to the government that cannot be had anywhere else at any price.

Our branches still contribute locally by engaging with our members, our local politicians and many other organizations that provide essential services to our communities. We have many volunteers to thank for their continuing public service.

So, as I gaze out the window at the snowbanks, and plan the summertime trip to Newfoundland (or any other destination in Canada), I am reassured that no matter what, when this is in print we'll have an Association and a Canada that is pulling together for the benefit of us all, and we can be proud of the Maple Leaf.



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 a.m. and noon, 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 email 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 email at:

nafr46@bellnet.ca



CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS 65 YEARS OR OLDER:

An integration of physical activity, sedentary behaviour and sleep

These 24-hour movement guidelines are relevant to adults aged 65 years or older, irrespective of gender, cultural background, or socio-economic status.

These guidelines may not be appropriate for adults aged 65 years or older living with a disability or a medical condition; these individuals should consider consulting a health professional for guidance.

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

Physical activity

Performing a variety of types and intensities of physical activity, which includes:

- Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week. Progressing towards any of these targets will result in some health benefits.
- Muscle strengthening activities using major muscle groups at least twice a week.
- Physical activities that challenge balance.
- Several hours of light physical activities, including standing.

Sleep

Getting seven to eight hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

Sedentary behaviour

Limiting sedentary time to eight hours or less, which includes:

- No more than three hours of recreational screen time.
- Breaking up long periods of sitting as often as possible.

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



To recognize scams and fraud, check out these sites:

- a. <https://www.canada.ca/en/revenue-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	\$57.24	\$4.77
Double	\$74.40	\$6.20

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 15, 2025

Royal Canadian Legion Trenton
Community services guest speaker
11:30 for noon lunch



Summer BBQ

Friday – June 6, 2025

Royal Canadian Legion Trenton
Reserve your tickets, space is limited
No ticket sales at the door



Fall Annual Meeting

Tuesday – Oct. 21, 2025

Royal Canadian Legion Trenton
Speaker TBD
11:30 for noon lunch



Branch Christmas Luncheon

Friday – TBD December, 2025

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	Tom Kupecz
Vice president	Hugh Mackay
Secretary	Nancy Everett
Treasurer	Alex Chambers
Deputy treasurer	Gary Rodrigue
Directors - Telephone Committee	Gloria Johnson
<i>Welfare</i>	Agnes Ward
<i>Senior's Issues</i>	volunteer is needed
<i>Social Coordinator</i>	Sarah Keoughan
<i>Public Relations</i>	Gary Rodrigue

CONTACT US

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

VISIT US AT OUR BRANCH WEBSITE:

federalretirees.ca/quintrent

