



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

This has been a year of what one could call "interesting times," as the old curse goes. Not to get into the politics of it all, we Canadians have been affected much more than we had thought we could be, living as we do in a safe corner of the world. We now have to do some rethinking.

So, in keeping with the mood of the times, Kate and I decided to make our summer trip a bus tour of "The Rock." By the end of two weeks we had seen a ton of rocks, trees, codfish, Vikings, caribou, moose, puffins, great food and a land of cheerful people. As they told us, since they allowed Canada to join them in 1949, they have been leading the world in kitchen parties and singing great songs. The Province is looking prosperous, and the Newfs are doing just fine, always kind and generous hosts.

Your Association has been busy this year, adjusting to the new Government, assessing how the upcoming policies might affect us, and conducting a top-to-bottom review of our organization's governance structure. That last means how we are organized in a National Board of Directors, Districts and Branches, and how we should look forward to ensure our goal of advocating for our pensions and benefits is met. Look for more on this topic in the near future, and be confident that the Association is working hard to keep ahead of the turmoil.

As for what I have been up to, the Annual Meeting of Members was held in the National Capital Region, and saw all Branches represented. We received the annual report, approved the new budget, elected members to positions on the National Board, discussed the Strategic Plan at length, and had an enjoyable time renewing old acquaintances.



Some presents are **BIGGER** than they look.

Give the gift of membership and support a better future for aging in Canada. federalretirees.ca/gift

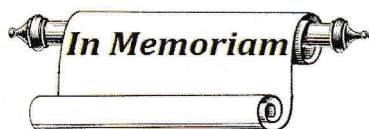




IN MEMORIAM 2025

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
Karin Toffelmire
Gladys Duguid
Dale Summers
James Hill
Stanley Rolsky
William Sigurdson
Sylvia Briggs
Henri Breton
Bill Goodman



Come Volunteer

There was also a meeting of the Ontario Branches in Toronto, where we discussed how we can best address more local interests, such as making sure our MPs are aware of our needs in their ridings. As retirees, we have an interest in health and long-term care, provincial matters, so we need to be able to approach our MPPs in Queens Park as well. Your Branch Presidents discussed ways to do that effectively. We were introduced to a new network of Advocacy Program Officers whose purpose is to engage Government at all levels to make sure our presence is felt.

Here's wishing you a good Christmas and a mild winter. And don't forget that one of our Preferred Partners is Collette Travel. They have a remarkable lineup of tours big and small, near and far, designed for whatever our adventurous souls desire. Look them up, and maybe you too will wind up kissing the cod in Newfoundland and Labrador.

Pro tip - screech takes the taste away.



Sincerely
Tom Kupecz
Branch President

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



What is 211?

211 quickly and confidentially connects people to social services and community programs across Ontario.

211 helpline is answered by real people 24/7. Service is available in 150+ languages. Text is also available 24/7. Live chat service is available Monday to Friday from 7am-9pm ET.

How does 211 work?

Unlike search engines, 211 applies a human touch for personalized solutions. Our highly trained and accredited Community Navigators know how to ask the right questions to get the full picture of a person's needs. Navigators then provide referrals to services to connect callers to the right supports.

In addition, some partnerships include 211 registering individuals for services directly or providing a warm transfer to the program. 211 will also advocate on a contact's behalf, at their request.

How do I know if I should be calling 211 or another number?

211 connects individuals to non-emergency community programs and social services in their areas.

911 responds to life- or property-threatening emergencies.

311 connects you to non-emergency municipal services, programs and information. **Note:** this is not available in all communities.

811 connects you to healthcare workers who can provide health advice and information.





To recognize SCAMS & FRAUD

Check out these sites:

- <https://www.canada.ca/en/revue-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.

2025 membership fees

	Year	Month
Single	\$57.24	\$4.77
Double	\$74.40	\$6.20

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

Spring Annual Meeting

TBD – April, 2026

Royal Canadian Legion Trenton
Community Services Guest Speaker
11:30 a.m. for 12:00 Lunch

Summer BBQ

TBD– June , 2026

Royal Canadian Legion Trenton
Reserve your tickets, space limited
No Ticket Sales at the door

Fall Annual Meeting

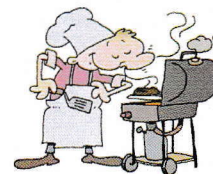
Tuesday – October 21, 2025

Royal Canadian Legion Trenton
Speaker Collette Travel
11:30 a.m. for 12:00 Lunch

Branch Christmas Luncheon

Friday – December 5, 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

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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

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Sarah Keoughan

Public Relations

Gary Rodrigue

Web content editor

Attila Kostya

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VISIT US AT OUR BRANCH WEBSITE:

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

