



National Association
of Federal Retirees

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THE VOICE OF FEDERAL RETIREES

Sage

A star is reborn

The North Star 17515 is the last intact example of her kind in the world. Her restoration has been ongoing for 23 years.

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Men's Sheds: Saving older men from isolation

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Rooted in tradition: How farmers' markets build community

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All content in Sage magazine — including
financial, medical and health-related opinions
— is for information only and in no way
replaces the advice of a professional.

CLARIFICATION: In the summer issue of
Sage, the writer noted that former board
member Connie Kelher took two university
courses from 2003 to 2005. In fact, she studied
for and received her master's of business
administration. We regret the error.



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Volunteers dedicated to detail — some of them members of the National Association of Federal Retirees — are working on restoring the North Star at the Canada Aviation and Space Museum. The project has already been several years in the making and promises to be several more. **PETER SIMPSON**

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The Men's Sheds movement has hobby woodworking spaces across the country that bring men together and foster community while eschewing isolation. The sheds give men a purpose, a sense of belonging, friendship and a place to return to week after week. **MARG BRUINEMAN**

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Our association has a bright future

With strong advocacy, volunteers and members, we are in good shape to take on the challenges of the future. **BY GISELE TASSÉ-GOODMAN**

As I approach the one-year mark of my tenure as the chair of the national board of Federal Retirees, I'm inspired by what I've observed about the organization from the helm. It's an honour to be able to serve in this capacity.

We are a dynamic group of professionals, a diverse group that aspires to be even more diverse and an active group that collectively and genuinely wants to further the rights of Canada's older people, as part of advocating for retirement income security, positive and healthy aging, reliable health care, veteran well-being and fairness for federal retirees.

Advocacy's importance

On the advocacy front, one of our recent successes was being part of a campaign calling on the federal government to support the United Nations Human Rights Council's international Convention on the Rights of Older Persons. This convention will help close a gap in international human rights law by creating a binding treaty that addresses ageism, age discrimination, elder abuse and neglect, access to long-term care, health-care inequities and other unique challenges of aging. In May, I attended an International Longevity Centre Canada event at the Senate of Canada that was focused on gathering support for the convention. Thanks to the tireless advocacy from champions across the country, the government has since agreed to take part in the drafting currently underway.

We are looking forward to a busy fall and in advance of that, the national board received a primer on the political landscape in Canada that puts us in a good position for our advocacy work this fall. This will also be a topic at the fall district meetings, as we share these important insights with our volunteers.

Volunteer recognition

Speaking of the district meetings, I look forward to productive exchanges when I once again take part in these regional meetings across the country. It was a pleasure to meet many of our volunteers during the spring meetings and I was impressed by their dedication to our organization. Volunteers are essential partners in advancing the mission of Federal Retirees, bringing valuable experience, local knowledge and commitment to our work.

When I think of our volunteers, people such as Guy Bird come to mind. He has volunteered for the association for 23 years and has filled several roles, including branch president and director from British Columbia and Yukon District on the national board. He was also a caregiver to his wife, Maureen, who had Alzheimer's disease, so he knows many of the issues caregivers face. Guy Bird is just one of our exemplary volunteers, we are proud to recognize. Meanwhile, this issue of *Sage* features our volunteers who this year received awards at the annual meeting of members. You can read about them on page 29. If you are among our many volunteers, please accept my thanks and my recognition of

your fine efforts. Your commitment and contributions are an important part of what makes Federal Retirees strong.

Membership thanks

When I say volunteers are essential partners of our organization, I should also mention that members are the engine. Without members, our voice wouldn't be valued or even heard. With nearly 170,000 members, our comments, opinions and policy recommendations do matter.

To our members, thank you. As we once again launch our Mega Recruitment Drive, I encourage you to speak to your friends, neighbours and former colleagues about joining our organization and, in turn, helping to amplify our efforts to defend the rights of retirees and older adults in Canada.

It is essential that we attract new members — they are the future, and they will inject new blood, new ideas and innovative approaches as we move forward. I welcome your ideas on how to inspire them to join. I also welcome your ideas on attaining more diversity in the ranks of our membership. I'm keen to encourage greater participation from members whose voices and experiences have not always been well represented, including women, younger members and members from diverse communities. It's an important step towards making our organization even more dynamic than it already is. ■

Gisèle Tassé-Goodman is chair of the national board of Federal Retirees.

Dear Sage

Note that letters have been edited for grammar and length.

Dear Sage,

I am a retired RCMP member and, like your other letter writers, I am experiencing frustrating delays with Veterans Affairs Canada (VAC). I thought I was the only one experiencing such frustrations. It is impossible for me to speak with or correspond with the VAC employee responsible to discuss the matter.

I am also closely following the progress on the marriage after age 60 issue. Unfortunately, my wife passed away in 1999, and my second wife in 2018. This means that my contributions to the RCMP pension plan — more than 35 years of service — will be lost, and that my new partner will receive absolutely nothing upon my death. This will cause her

financial stress and force her to leave our home due to the loss of my pension income.

André Roussel, Quebec City

Dear Sage,

I read with interest Mick Gzowski's article "Veterans incensed by budget clauses," summer 2026 in *Sage*. I appreciate Malcolm Ruby's comments and could not agree more.

In 1998, my husband applied for disability benefits and was denied. He appealed in 2003 and I appealed in 2017. It took seven years, but my appeal was successful, however the *Pension Act* limits disability pension payable retroactively to three years from the time of the decision and, in some cases, five years. Disability payments should be retroactive to the date the disability occurred, or at least backdated to the date of the initiation of the appeal. Veterans should not be penalized for the Veterans Review and Appeal Board's

errors or delays. I am curious about whether there is any class action law suit challenging this *Pension Act* provision.

Stephanie Buckingham, Parksville, B.C.

Dear Sage,

We joined Federal Retirees in 2025 and we travelled to [Europe] soon after. I recently read *Sage* and was truly impressed by the December article on small gifts. I found Margaret Dickenson to be a charming woman with a beautiful soul. The photo of her and her husband radiates love. Unfortunately, I did not pick up a stone when we visited Juno Beach. She has a very meaningful keepsake.

Nicole Gareau, Gatineau, Que.



Keep those letters and emails coming

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A stronger association, built for the future

Renewal and organizational effectiveness improve our ability to protect your pension and benefits and advocate for better health care, among others goals. **BY ANTHONY PIZZINO**

Whether you volunteer, attend association events, participate in research, support an advocacy campaign, contact us for assistance or simply renew your membership each year, you are part of the strength of the National Association of Federal Retirees and have a stake in its future.

For more than six decades, Federal Retirees has been a trusted and credible national voice. Nearly 170,000 members now stand behind that voice. But the world in which we operate continues to change. The ways people communicate, volunteer, participate and expect to be heard are changing as well.

Governance, renewal and organizational effectiveness can sometimes feel far removed from your everyday interests, but they matter. They matter because how your association is organized affects our ability to protect your pension and benefits, advocate for better health care, advance the well-being of veterans and older Canadians, and ensure that decision-makers listen when retirees speak.

Our 2025–2028 strategic plan challenges us to strengthen our influence with decision-makers, increase the recognition of Federal Retirees and safeguard the association's long-term sustainability. These priorities are closely connected. Our influence depends on the confidence of our members. Our visibility helps us attract new members and supporters. Our sustainability ensures Federal Retirees will remain a

powerful advocate for future generations of retirees.

Renewal is already taking shape in ways members can see and experience.

This spring, we launched a redesigned national website that makes it easier to find information, access resources and connect with Federal Retirees from wherever you are. Improved accessibility, clearer navigation and a mobile-friendly design are not simply technical upgrades. They reflect our commitment to meeting members where they are and making participation in the association easier, more inclusive and more relevant.

We are also looking ahead to how members will engage with Federal Retirees in the years to come. This fall, we will launch a national digital recruitment and engagement campaign designed to reach retirees and those approaching retirement in new and more effective ways. Growing our membership is not just an end in itself. Every new member adds strength and credibility to our advocacy and increases the influence we bring to national conversations about pensions, health care, veterans, aging and retirement security.

Renewal also includes the ways members are supported in communities across Canada. We are examining how our branch and volunteer model can become more sustainable, with clearer roles and more meaningful opportunities to contribute. Volunteers should be able to devote their time to connecting with members, supporting advocacy, welcoming new members and

strengthening their communities, and not be weighed down by unnecessary administration or uncertainty about responsibilities.

In several regions across Canada, branches have expressed interest in exploring new approaches suited to their circumstances.

These voluntary initiatives will allow us to learn from experience, assess what serves members best and improve ideas before any broader decisions are considered. The objective is not to impose a single solution. It is to build a stronger, more inclusive and more responsive association, one capable of serving members well, wherever they live.

These efforts may appear different, but they are connected by a common purpose: making Federal Retirees more accessible, more influential and better prepared for the future.

The association's strength has always come from the weight of our collective member voice. Together, we will continue to ensure that the voices of retirees across Canada are not only heard, but acted upon.

In the months ahead, we will continue sharing how this work is progressing and how members can participate. Our renewed website, federalretirees.ca, will be an important place to follow the conversation, learn more and make your voice heard. ■

Anthony Pizzino is the CEO of the National Association of Federal Retirees.

An aviation passion project

A small band of volunteers dedicated to detail is working to restore the North Star at the Canada Aviation and Space Museum.

BY PETER SIMPSON



The crew of Project North Star on the day Sage visited the Canada Aviation and Space Museum. From left, Michel Lamarche, Chris McGuffin, Paul DeSerres, Garry Dupont, Evan Boeckh, Charles Baril, Réjean Demers, J.P. MacDonald, Patrick Killen, Richard Houle, Jeff Threader and Gary Roberts. Demers, who works for the museum, manages the project. Photo: Dave Chan



In the back of the Canada Aviation and Space Museum, looking out over the runway of Ottawa/Rockcliffe Airport, there is a workshop that grinds and whirs and clangs with activity. Among the restoration projects that are under way in the shop is one with special meaning for retired Canadian Army Col. Chris McGuffin.

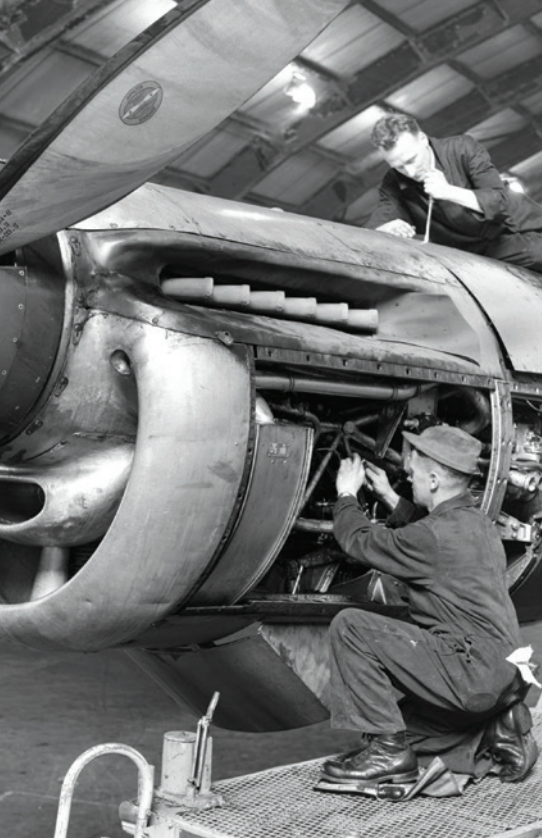
It's the Canadair C-54GM, known as the North Star, and she is the last intact example of her kind in the world.

"The aircraft is significant because it was Canada's first strategic airlift from a military perspective," says McGuffin, one of the people who are donating or have donated their time over the past 23 years to help restore the precious aircraft.

"It was the North Star that gave Canada the lift capacity to support international peacekeeping operations, and I think without the North Star, Canada would not have the same early reputation as a peacekeeping nation that we enjoyed for many decades," says McGuffin, who is president of the Project North Star Association of Canada, an independent organization of volunteers that's assisting with the restoration.

The shop, which is only one of several workspaces for the North Star project, is where parts are repaired, restored or even fabricated. Two days a week, volunteer and Ottawa painter Patrick Killen (also known as the singer in Ottawa band Big Jeezus Truck) refinishes and repaints panels and other parts and recalls when his father worked at the museum in the 1960s. "I remember running around underneath all of these," he says, during a walk among historic aircraft in the museum's hangar-like exhibition spaces.

On this day, Killen is working on refinishing and repainting the escape hatches that will be refitted into the sides of the North Star. They are just a few of thousands of parts that are being restored. Other parts wait on an upper level of the workshop, or on tables in



Top left, technicians maintain the North Star produced between 1947 and 1965. Photo: Compliments of Chris McGuffin Bottom left, Garry Dupont works on the current North Star restoration. Photo: Dave Chan Top right, an example of a North Star produced between 1957 and 1962.



other rooms. Some may be off site being restored in whatever way is necessary.

McGuffin says he is among approximately 18 current volunteers, and he estimates there have been as many as 80 since the project began in 2003. "More than 20 were former military or public service personnel."

The volunteers work under the auspices of the aviation museum and the direction of museum conservator and

aircraft maintenance engineer Réjean Demers. Everyone involved is eager to share their enthusiasm for the project, and to share their passion for the plane.

McGuffin and Killen lead a tour out of the workshop and down a hall past rooms of restoration equipment, from an air-tight painting space and a sewing room to metal-working machines and an engine room where a massive vintage Rolls-Royce Merlin engine is being restored. Everything is recreated with meticulous attention to historical detail.

The tour continues through the museum's display area, past a hulking Lancaster bomber, Spitfires, Hurricanes and many other planes, the smallest ones barely the size of the massive wheels on the largest aircraft. (To stand beneath the open bomb bay of a Lancaster bomber is to feel very small, indeed.) There's even a Canadarm, supported in permanent position, as the robotic appendage that was so graceful in space cannot support itself in Earth's gravity.

Out a door and across a tarmac is a second display space. It too is full of fascinating flight nostalgia, such as the tiny and comparatively primitive Fairey Swordfish, "the type of plane that took out the Bismarck," Killen notes with admiration.

Then there is the North Star, RCAF registration 17515, and she's a big beauty. She's white on top with shiny aluminum on the bottom. Her wingtips are red, as are the caps over each of four Rolls-Royce Merlin 622 V12 engines, pushing out 1,760 horsepower each. It was, by all accounts, a very loud aircraft. It's almost 29 metres (95 feet) long with a wingspan of just under 36 metres (118 feet) and it was built in 1948 by Canadair in Montreal, on an airframe from the U.S.-made Douglas C-54, with wings and landing gear from a DC-6.

"The main difference is that the Douglas aircraft were powered by Pratt & Whitney engines, where the North Star had Rolls-Royce Merlin engines," McGuffin says. "The engines gave the North Star 30 per cent more range and speed than the C-54."

The final North Stars, including RCAF 17515, were retired from service in 1965.

"North Stars constituted the backbone of the RCAF military long-range transport capability for almost 20 years until the mid-1960s," the Project North Star website states.

RCAF 17515 served many roles, including northern re-supply, humanitarian relief and support for United Nations and NATO operations, and it took part in "the famous and highly

successful Operation Hawk airlift of supplies and personnel in the 1950-53 Korean War.”

It had a five-man crew, including pilot, co-pilot, engineer, radio officer and navigator. The cockpit, which somehow seems both vast and cramped, is practically covered in buttons, switches and dials. It was a non-pressurized aircraft, and normally flew below 10,000 feet, though oxygen tanks and masks were installed for use when needed.

Another volunteer, Michel Lamarche, is quietly at work restoring that oxygen system, which involves many tiny lines and other parts. The aircraft will never fly again, but every detail is important to the volunteers and their overseers. Lamarche, who is retired from Immigration Canada, is grateful to be involved.

“I like to work with my hands,” he says. “I like to do stuff. I am not an expert, and I’m not a mechanic or anything like that, but I wanted to work, to learn. I’m a pretty handy person. I like to do all sorts

of projects — anything related to fixing things. When they said I could join the team, I was very happy, and I’ve been learning ever since.”

Project North Star began “with a group of aviation enthusiasts who see these machines as more than just wood, metal and fabric,” its website says. The group originally worked to raise funds and recruit volunteers, though in recent years “the museum takes on the burden of recruiting and selecting volunteers, although we do a lot of outreach through social media and our website,” McGuffin says. The group also sells merchandise to raise funds for the project.

He says Réjean Demers will seek volunteers with a wide range of skills — “people who worked on their cars, people who do home renovations, people who build models, anything that lends itself to manual dexterity and understanding that you can only turn a fastener so hard before it breaks.”

In a 2019 report, Demers wrote that volunteers must “strive for quality” and have a “voracious appetite for detail.”

When restoring the North Star, he wrote, “we get absorbed into the weight and breadth of the subject matter. This is the kind of project that demands the level of commitment found in monasteries, dojos and paratrooper units.”

For Lamarche, McGuffin and other volunteers, that has meant learning different tasks and working with different materials. It has recently led McGuffin to the sewing room to work on upholstering so he can restore the seats and other textiles in the aircraft. “I tend to bounce around a fair amount, and right now I’m on fabrics.”

There are no idle moments for the volunteers when onsite. As the tour winds back around the fleets of aircraft crowded into the hangar, the clock strikes noon, but for McGuffin it’s not lunch time yet. “I’m gonna peel off here and get back to the sewing machine.”

To paraphrase Thomas Fuller’s proverb, a stitch in time saves 17515. ■

Peter Simpson is an Ottawa-based writer with a boyhood love of old aircraft.



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From woodworking to well-being

A movement of “men’s sheds” is building community and preventing loneliness among older men otherwise in danger of isolation. **BY MARG BRUINEMAN**

Jason Mawdsley is a member of the Edson, Alta., Men’s Sheds chapter, which he says “really helps us to work through whatever we’re working through.”
Photo: Compliments of Jason Mawdsley

In all his deployments as a 26-year member of the Canadian Armed Forces, what resonated for Jason Mawdsley the most were the majestic mountains that surrounded him during his eight years in Alaska. So in 2023, upon his retirement, he and his family decided the Rockies was where they should be. They settled in Hinton, Alta., a 20-minute drive from Jasper National Park.

"In Hinton, everybody knows everybody, but when you're new to the area, you know nobody," explains Mawdsley, who was dealing with the death of his father while settling in his new community. "The ability to meet like-minded people in the area was limited."

He recalled the camaraderie of military life when many members volunteered in hobby shops and he had long enjoyed woodworking. During his last station in Winnipeg, he was president of the local wood hobby club. That was when he first heard of Men's Sheds Canada, a non-profit organization through which older men could work on projects, make friends and build community connections.

He found a chapter starting up in nearby Jasper and met with the group there. When another chapter was launched in Edson, he checked it out. As someone who enjoys hiking, woodworking and photography, he found a good fit in Edson. He also came across a 90-year-old aeronautics engineer who worked on the Avro Arrow. "It was like meeting a unicorn," Mawdsley recalls.

"The meeting was very uplifting for him as well as myself. It [Men's Sheds] really helps us to work through whatever we're working through."

The rapid growth of the movement reflects a growing awareness of the importance of social connection, particularly among older men.

In Edson, the Men's Shed quickly became integrated in the community. Members organized a Santa Claus parade and they've made birdhouse kits for kids to put together. Their challenge



Men's Sheds operate all over the world. These men are working at a shed in Ireland.

has been to find a home, given the high cost of renting. But they hope to tap into the experience of "sheds" that have partnered with lodges, churches, legions and other community organizations to find affordable space.

Canada now has 200 Men's Sheds, all developed over the past couple of decades, with provincial associations in British Columbia, Alberta, Ontario, Manitoba and Quebec. Others are being developed in Atlantic Canada and Saskatchewan.

The non-profit organization began in Australia 30 years ago when a woman was looking to help her father find a sense of purpose after leaving the workforce. Australia now has more than 1,200 sheds and the organization has expanded to 15 countries, with 3,300 sheds worldwide.

Isolation was highlighted during the pandemic as a health risk for both men and women and loneliness is something more people face as they age and navigate life's transitions such as retirement, caregiving and bereavement. Even when men have a network, they may be less likely to reach out, points out John Oliffe, Tier 1 Canada Research Chair in Men's Health Promotion at the University of British Columbia (UBC). As a result, their mental state often remains below the radar. Many men externalize their depression and anxiety through

anger, frustration and substance abuse, he says.

The beauty of sheds, Oliffe says, is that they allow men to gather, give to the community and connect with other men in an environment that easily leads to conversations. "One of the reasons Men's Sheds work is because it's a low barrier... It's about doing and takes out the emphasis around talk, but talk occurs," he observes, adding that it's about activities and getting things done. "That old adage of 'shoulder to shoulder'... That's where you get the conversations.

"If you put [men] in a circle and say: 'Talk,' it doesn't go so well."

Robert Goluch, president of Men's Sheds Canada, says while men gather and fix things, listen to speakers or organize outings, what they're really fixing is isolation and aloneness.

"Sheds are really magical. They give men a purpose, a sense of belonging and they give them friendships," says Goluch, who describes the gatherings as a type of social intervention. "It's built on the idea that men open up when they're shoulder to shoulder, working together. Not face to face.

"We think that Men's Sheds is a remedy. We also call that 'health by stealth.'"

Goluch's shed in Squamish, B.C., connects with the community by offering



Men's Sheds inspire women's versions

The focus of Men's Sheds is older men and providing a space for them to connect. But women and younger men also play a role in the men's shed movement.

"Women have played a vital role in the movement from the very beginning," says Men's Sheds Canada president Robert Goluch. "They are often our biggest supporters and champions — encouraging husbands, fathers, brothers and friends to get involved, and helping local groups get established. While Men's Sheds are fundamentally spaces for men, I've heard of some sheds that occasionally open their workshops or meeting spaces for special women's events or evenings." Goluch says.

In fact, Goluch says a woman started the first shed in Australia three decades ago to help her retired father connect with other men. In Canada, women have been champions, encouraging the men around them to take part and helping to launch new sheds.

Men's Sheds has also inspired other, unrelated organizations. In fact, Women's Sheds, considered a parallel organization, operates in Australia, the United Kingdom and Ireland. In Canada, an unaffiliated group focused on woodworking for women now operates in Vernon, B.C.

Younger men have also been encouraged to join the organization. "Although most Sheddies are retired, some of the most rewarding experiences happen when younger and older men are working, learning and teaching together," Goluch says.

wood-working workshops for young children where they learn the basics. That, he says, allows the older men to transfer their skills and knowledge to the newest generation.

There are no women members in the organization, but women have been involved in helping launch sheds. They are considered cheerleaders, often helping men get involved in the organization.

Understanding older men's needs

Men's Sheds Canada is working to understand the needs of older men and how to support them. There is an

"So I thought 'I'll start a men's shed here'," he reasoned.

That two-year-old club now has more than 50 members who meet regularly at a Royal Canadian Legion branch that has a kitchen where they regularly share their cooking skills.

They have also developed a partnership with an aviation museum where airplanes are being rebuilt and they are developing a new workshop.

Williams said with a network in Pointe Claire now of more than 100 people in just a couple of years, his world has opened up significantly. There are five shed members in his apartment building alone.

"Sheds are really magical. They give men a purpose, a sense of belonging and they give them friendships. [They're] built on the idea that men open up when they're shoulder to shoulder, working together. Not face to face."

intent to work with Health Canada as it develops a strategy from all sectors. It also hopes to tap into funding.

Oliffe attributes part of the Sheds' success in Australia to significant government investment, something he hasn't yet seen in Canada. Yet Canada is known worldwide for its early attention to health promotion in the community, he emphasizes.

Men's Sheds member Danny Williams dove right in when his father, who was going through a difficult time after his wife died, showed him a magazine article about Men's Sheds. Williams put out word through social media and a shed, with a barn as its meeting place-turned-workshop, soon came to life at Lac-Brome in Quebec's Eastern Townships.

After Williams' own wife died, he moved to Montreal's West Island where he had met another woman. But he didn't know anyone else in the Pointe Claire community.

"There's constantly new stuff coming at us and then you make friends, too.... A lot of these guys they don't have any friends.... The more that you get involved, the more you benefit," he says.

Organically spreading sheds

Back in Alberta, Mawdsley has helped to develop a shed in his own town of Hinton. And he volunteered to be chair, while simultaneously serving on the executive of the Edson shed.

The men at his shed don't necessarily sit around sharing coffee, but the workshop creates a place where they can share their backgrounds, skills and interests. "The most important part is it helps our mental well-being," which is a secondary and tertiary effect of the men's sheds. ■

Marg Bruineman is a Barrie, Ont.-based journalist who enjoys being an active member of her community.

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Cultivating community

Farmers' markets are rooted in tradition and growing in popularity in the post-pandemic era.

BY JENNIFER CAMPBELL





The Halifax Seaport Farmers' Market was founded in 1750, before Canada was even a country. Photo: Nova Scotia Tourism

There's something grounding about a farmers' market. It's a way to connect to the local purveyors of our food, a window into the bounty Mother Nature provides and a weekly ritual that feels like coming home again and again. Markets foster a sense of belonging for those who sell and those who buy from them. There's something quaint and comforting about seeing the same customers and vendors week in and week out.

At the Boyce Farmers Market in Fredericton, N.B., vendors describe several generations of the same family who have been their customers over the decades they've been selling their wares. Similarly, vendors' children grow up in the market, selling alongside their parents until they're old enough to take over the market stall.

Elmo Villeneuve gets his children up at 3 a.m. on Saturdays to accompany him to market. At some point during the operating hours of 7 a.m. and 1 p.m., the younger ones will curl up under the stall and take a nap to recharge their batteries.

"They usually help me till 9 a.m. and then have a little nap under our stall because we have to get up at 3 a.m. to go to market," Villeneuve says of his seven- and nine-year-old children."

Similarly, apple farmer and cider seller David Coburn has been working at this market since 1969, when he was nine years old. He still has the bearskin coat his grandfather would have worn when he was taking his eggs by horse-drawn sled to the market on a Friday night.

"The market is a big family — vendors and customers," he says. "I have a special place in my heart for market kids because I was one myself. Watching kids grow up at the market is pretty special."

Sustainability is key

Besides the stories vendors and customers share, markets are a hub of sustainability in a world where we often have little idea where our food comes from. The farmers' practices are generally environmentally friendly, the food is fresh and healthy, and the market provides a low-barrier way for entrepreneurs to enter the food market.

"Farmers' markets are a modern manifestation of something that's been around since the Pyramids," says Justin Cantafio, the Halifax-based co-founder and president of Canadian Farmers' Markets and a founding member of the World Farmers' Markets Coalition. "I don't think there's any better representation of community than a public market. It's an innate thing that we do as people."

Cantafio says farmers' markets can animate a parking lot or an old church, temporarily rolling through town like a weekly carnival, while others — such as the St. Lawrence Market in Toronto, the Jean-Talon Market in Montreal and the Granville Public Island Market in Vancouver — have permanent physical infrastructure.

"One of [a] market's biggest advantages is that you have direct sales and engagement between producers and

consumers," Cantafio says. "There aren't a lot of places that offer that anymore."

Sonya Graci, a professor at Toronto Metropolitan University, says farmers' markets are an integral part of any community.

"They connect people to food, culture, society," she says. "From a social perspective, [markets are] a gathering place for community to meet, eat and engage. They are culturally diverse and preserve many cultural practices through food and craft."

Environmentally, she says, they reduce the impact of climate change, pesticide use and genetically modified foods. They also help support small farmers that preserve our food systems and waterways. Economically, they support small farmers and small business, increasing food security.

"The more we support farmers, the better off we will be economically, environmentally and socially," Graci says.

Markets steeped in tradition take place across Canada. We provide just a sampling of those one can find on a cross-country tour.

Halifax Seaport Farmers' Market

This market, founded in 1750 is the oldest continuously running farmers' market in North America. It has moved around over the years and is now located at the seaport. With more than 100 vendors, it is a draw for locals and tourists alike. Originally strictly a meat market, it has evolved to include all manner of makers and farmers.



Charlottetown Farmers' Market

The Charlottetown market has two centuries of history, but had been operating out of a building on federal land for the past 40 years, until a fire in December 2025 made the building unusable in the short term. The co-operative secured a one-year lease on a new location in January while it negotiates with Agriculture and

Agri-food Canada on a rebuild at its former location. In the temporary space, farmers from across "Canada's Food Island" gather on Saturdays to sell their wares alongside prepared food vendors representing cuisines from around the world.

St. John's Farmers' Market

The St. John's Farmers' Market is new by the standards of other old-timers across the country. It took root in the autumn of 2007 when a single organic farmer rented the Masonic Temple downtown to sell off some surplus crops. More than 500 customers showed up. In January 2008, locals formed a committee that would create a weekly market. Today, it is home to more than 100 vendors and is a beloved community hub.

Boyce Farmers Market

In its original incarnation, the Fredericton market was outside City Hall and later inside the basement of the building. It

Top left, Boyce Farmers Market has as many as 200 vendors on Saturdays in Fredericton. Photo: New Brunswick Tourism Top right, Winnipeg's St. Norbert Farmers' Market has been operating for 38 years. Photo: St. Norbert Farmers' Market Middle row, the Jean-Talon Market in Montreal is a feast for the senses. Photo: Alain Rouiller Calgary's Crossroads Market is home to 150 vendors. Photo: Crossroads Market

moved to its current location in 1951 after turnip farmer William Walter Boyce left \$40,000 in his will to the municipality to erect a permanent market building. Today, as many as 200 vendors show up on Saturday mornings, to sell everything from fresh vegetables, eggs, meat and cheese, to takeaway donairs and lobster rolls.

Montreal's Jean-Talon Market

One of the largest open-air markets in North America, Jean-Talon Market was inaugurated in its permanent location in 1933. Today, it has nearly 200 vendors and that number swells in the summer when local farmers set up at its extensive outdoor stalls. It's a feast for the senses with treats from across the region, including artisanal cheeses and specialty meats and seafood, all manner of produce. Vendors also sell plenty of tomatoes to serve the restaurants of Montreal's Little Italy, where the market is located.

Toronto's St. Lawrence Market

This institution dates back 208 years and features the wares of 120 vendors, merchants and artisans in its main South Market building. It opens every day but Mondays. The North Market building,

which sits directly across the street, is home to the Saturday Farmers' Market, where regional producers sell their goods. On Sunday, the same space turns into an antique market.

Winnipeg's St. Norbert Farmers' Market

Open Saturdays year-round, the market has been operating for 38 years after kicking off in 1988 with just eight vendors selling their produce in a meadow. Today, it attracts 200 local makers, bakers, producers and growers. Everything sold is made in Manitoba. St. Norbert, a suburb of Winnipeg, is also closely connected to Louis Riel, whose leadership of the Red River Resistance challenged the federal government and led to the creation of the province of Manitoba.

Saskatoon Farmers' Market

Dating back to 1975, this market promises its customers that its vendors "make it, bake it, gather it or grow it," connecting Saskatoon's locals and

tourists with what's available from the area. It operates year-round on Saturdays and Sundays and attracts nearly 60 vendors to its location near the Saskatoon airport.

Calgary's Crossroads Market

Opened in 1987, the idea of Crossroads Market was to offer Calgarians an easy opportunity to become entrepreneurs. Located just off 16th Avenue and Barlow Trail, the market hosts 150 vendors in Calgary's northeast. After almost 40 years of existence, the market is now welcoming a second generation of entrepreneurs. The food hall at the market boasts Indian, Turkish, German and Indonesian offerings, to name just a few of its cuisines. It runs Friday to Sunday.

Vancouver's Granville Island Public Market

Adding to the magic of a shopping district and cultural hub on an island in the middle of an inlet in a world-class city surrounded by mountains, Granville

Island is home to a huge farmers' market featuring items from "the ocean, the oven or the field." It closes only on Dec. 25, Boxing Day and Jan. 1 as well as Mondays in January. It operates year-round and features more than 50 vendors.

Yukon's Fireweed Market

Launched in 2000, and incorporated as the Fireweed Community Market in 2005, the Whitehorse market holds a summer version May through September in a park, and a winter version in a cultural centre.

Yellowknife's Farmers' Market

This market runs on Tuesday evenings from June to September and attracts upwards of 40 vendors. ■

Jennifer Campbell is the editor of *Sage*. When she's visiting a new city, the first place she goes is the farmers' market. She's visited markets in Yemen, Kazakhstan, United Arab Emirates, Kenya and all over Europe.



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Your vacation checklist

Heading out of town? Follow these tips for a smooth sojourn and a problem-free return.

It's the perfect time to plan a getaway. Whether it's for a couple of weeks or just a few days, your safety has to be a priority. You've chosen a safe destination, checked out your hotel online and packed your sunscreen. But have you thought about what you need to do to keep your home safe while you're away?

The excitement of going on vacation tends to make people forget about doing simple preventative measures that better secure their homes while they're gone. Some people forget to take these measures and then, once away, start to worry that they forgot to lock their door, or turn off the oven or stop a leaky faucet. As such, they may well get an unpleasant surprise when they return home.

Preventing home burglaries

The most common threat to vacationing homeowners is burglary. The best way to discourage burglars is to make breaking into your home seem like one hassle after another, from the street to the house, and once inside.

The perimeter: In most cases, burglars take just two or three minutes to break in. If it looks as if you're home, they probably won't try.

- Ask a neighbour to use your garbage cans, park his or her car in your driveway and pick up flyers.
- Have Canada Post hold your mail.
- Stop newspaper delivery.
- Have someone shovel or sweep your walk and driveway.



- Keep the car in the garage and close the door while loading luggage, to save yourself from surprise thefts.
- Inside your home, connect lamps and radios (tuned to a station with call-in shows) to multiple timers set to mimic your usual patterns.
- Adjust your telephone ring to its lowest volume setting.
- Close drapes in rooms where valuables are visible from outside.
- Don't broadcast your plans to colleagues or on Facebook and other social networks.

The grounds: Did you know that in one of three thefts, the burglar got in through an open or basement window?

- Remove anything that could give burglars a leg up, such as ladders and trash cans.
- Trim trees and shrubs that provide a hiding place or mask entrances and windows.
- Turn on lights that increase visibility at strategic points such as entries and pathways. Solar lights tend to be too dim, so use 120-volt lighting and set these up with motion-detectors or timers to decrease energy consumption.
- Don't hide your house key under the doormat. It makes getting in easier for neighbours and robbers, too.

Entry points: It takes moments for a robber with a screwdriver to quietly jimmy the tongue out of a door's faceplate.

- Install single cylinder deadbolts.
- Put "window stops" on first-floor and basement window frames.
- Sliding windows and doors often have built-in anti-lift and anti-slide features. You can also place a pipe or solid bar of the same length in the middle bottom track of the door slide.
- Display an alarm company's protection notice in windows near entrances.
- Keep your garage door closed and locked even when your car is not in the garage.
- Store the garage door opener in your house instead of in your car.

Even a few of these preventative measures will help discourage burglars from entering your home.

It's worth taking the time to read up on and apply these simple steps that will help make your vacation and your homecoming a restorative one. ■

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South America-bound

South America has a lot to offer year-round. Use these tips to decide when to go.

With a few exceptions, South America is a good destination year-round — great for travellers with less flexibility or who want to nab a last-minute travel deal. This means picking the best time to travel to South America is largely up to you.

This article provides tips for timing your trip based on what you like to do, where you plan to go and your preferences regarding crowds and weather.

Best time to travel?

The best time to travel to South America is during the shoulder seasons — their spring (September, October, November) and fall (March, April, May). The weather in most regions is comfortable and crowds are lighter.

Exceptions include places in the far south like Patagonia, where weather limits the travel season. Patagonia tours run from September to March.

South America's seasons explained

One thing to keep in mind is that the continent is in the Southern Hemisphere, so its seasons are the opposite of those in North America and Europe. When it's winter in the United States and Canada, much of South America is in summer — and vice versa.

And much like in the Northern hemisphere, seasons bring different weather to different regions. Cities, high altitudes, wet regions and secluded wildlife destinations all have their own weather patterns.

When to visit the ancient ruins

For travellers focused on history and culture, Peru is a good choice for much of the year. Sites such as Machu Picchu, the Sacred Valley, Cuzco and Lake Titicaca are accessible year-round.

Top left, Machu Picchu is an Incan Citadel set high in the mountains of Peru. Top right, Bethany Scully shops at the market in Pisac, Peru, where llamas and livestock also roam. Photo: Collette Bottom left, women from Taucca, a weaving village in Peru. Photo: Collette

Some travellers prefer to avoid peak summer crowds for a calmer feel, especially in popular areas. What matters most is allowing time to adjust to altitude and building in a mix of busy days and down time. Thoughtful pacing is a consideration that's even more important than the weather.

When to visit the cities and wine country

Cities such as Buenos Aires and Santiago welcome travellers throughout the year. Timing often comes down to personal comfort with heat when you're outside exploring neighbourhoods and markets, or potentially cooler evenings if you want to stroll to restaurants or check out the nightlife.

Wine regions such as Mendoza are beautiful to visit in any season, but are most enjoyable in March and early April when the vineyards are at their most active, and the weather isn't too hot to linger over wine-tasting. That said, a crisp Torrontés will usually hit the spot in warmer weather.

When to visit for wildlife viewing

The Galápagos are a year-round destination with abundant wildlife viewing opportunities in every season. They are a great option if you're looking for a specific departure date.

If Patagonia is your wildlife destination of choice, deciding when to go is a bit easier. Patagonia tours run seasonally from September through March. You'll get long daylight hours and access to land excursions and expedition cruises.

South America by season

- **Spring (September–November):**
In the spring, cities feel energized and seasonal destinations begin reopening. It's often a comfortable time to enjoy outdoor activities.
- **Summer (December–February):**
Summer aligns with school holidays and peak domestic travel in several South American countries. Avoid summer if you would rather not encounter excessive heat or crowds.

- **Fall (March–May):** Fall is frequently cited as a favourite by travellers who enjoy fewer crowds and milder weather. Cities remain active, wine regions are slowing down and cultural destinations are accessible and less crowded.
- **Winter (June–August):** Winter in South America isn't cold across the board. While some regions cool down, many cities and cultural areas remain comfortable. Patagonia closes during this period, but destinations such as Peru continue to welcome travellers, and the food scene is a highlight.

Ready to plan your trip to South America?

South America is a great destination whether you have a flexible schedule or specific dates in mind. See how guided South American tours can make planning easier at www.gocollette.com. ■

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Planting seeds for lasting impact

Volunteer Claude Bourget delivers copies of *Sage* to decision-makers, hoping that each copy leads to productive conversations. **BY OLGA BINDUTIYE**

Every time a new edition of *Sage* arrives, Claude Bourget goes on a tour making sure to deliver a few copies to the offices of elected officials in the region. It's a habit he first developed as a branch advocacy volunteer and one he continues even as he transitions into supporting more branches to engage with decision-makers. His hope is that each copy sparks a conversation and helps keep the issues facing older Canadians top of mind. To him, it's a "small" engagement opportunity, one more seed planted for the future of Canadian seniors. Bourget is committed to the long game.

After retiring in 2011, Bourget remained a "quiet member" of the association for many years. He paid his dues, read the publications and supported the organization "from afar." Then, three years ago, an invitation at his branch annual general meeting changed everything.

"They were looking for volunteers, so I put my name up," he recalls. That one decision turned the page into a new chapter in his retirement.

Conditions for change

Today, Bourget serves as the advocacy engagement liaison in Ontario, mobilizing local advocacy and strengthening relationships with elected officials — doing his part to advance Federal Retirees' priorities across the province. Bourget sees his role as creating the conditions for meaningful change.

His hope is that each copy [of *Sage*] sparks a conversation and helps keep the issues facing older Canadians top of mind.

"I'm only in it to help out," Bourget says. "My intent is to try to make a difference."

And what's in it for him? At 75 and retired for 15 years, Bourget readily sees the connection between staying engaged and his own sense of well-being. But more importantly, it's the chance to be of service to others.

A lifetime of showing up

For Bourget, advocacy ultimately comes down to a choice.

"You have to decide if you're willing to invest your time, your energy and your mind into doing something," he says.

He has long looked for ways to turn good intentions into something tangible. The instinct to connect people, build relationships and contribute to something larger than himself has followed him since the 1980s when he first gave himself to advocacy. At the time he spoke up for francophones in Brampton, Ont., in need of a community and resources. It was a slow burn, but that community is vibrant today, long after he left it.

Holding the door open

This instinct shapes how he defines successful advocacy on behalf of older adults.

"As long as the MPs know about us, respect the organization, and keep their doors open, I've had success," he says.

When he describes his advocacy, he often uses words such as "only" or "just."



Claude Bourget delivers copies of *Sage* magazine to politicians in his region, thereby making contact, and also making them aware of Federal Retirees' priorities.

It is a modest way of describing work that, by its nature, resists measurement. An understated measure of impact, but one that says a great deal about the kind of advocate Bourget has become.

After all, you cannot quantify the value of an open door. No report can capture the significance of a relationship built over years, or a conversation that quietly changes the way an issue is understood. Outcomes take time to be visible.

The long view

This is why Bourget is drawn to the discipline of planting seeds.

Every copy of *Sage* he delivers, any opportunity to share advocacy initiatives, every email he sends promoting Federal Retirees campaigns, is an investment in a healthier future for older Canadians. ■

Olga Bindutiye is a campaign and mobilization officer at Federal Retirees.

Gender pension gap worsens

The pension income gap for women has actually worsened since the 1970s when it was 15 per cent. It is now 17 per cent. **BY PATRICK IMBEAU**

Canadian women continue to earn only 88 cents for every dollar men earn. And that's an improvement over 1997, when women earned just 82 cents for every dollar men earned.

While this wage gap has become more widely known, what many may not realize is that the pension gap has actually worsened for women since the 1970s. In 1976, the gap between men's and women's pension income was 15 per cent; it is now 17 per cent, according to research from the Ontario Pay Equity Commission. There are 200,000 more women than men aged 65-plus living below Canada's low-income cut-off, and women aged 75-plus are 51 per cent more likely than men of a similar age to live in poverty. In fact, 59 per cent of the Guaranteed Income Supplement recipients are women.

These differences can be even more pronounced for certain groups of women, as outcomes are shaped by intersecting factors such as race, Indigenous identity, disability, immigration status, marital status and parental status. For example, racialized

women who work full-time earn 21 per cent less than racialized men and 32 per cent less than non-racialized men.

According to Pay Equity Commissioner Kadie Philp, some of this is due to a growing reliance on private pensions, as well as the unequal share of unpaid family care performed by women. It also reflects the fact that the system was built on a male pattern of employment.

A clear example is the introduction of the Canada Pension Plan (CPP) in 1966. At the time, fewer than 30 per cent of women participated in the labour market. As the report notes, "the lawmakers of the day were well aware of the exclusionary impact that labour market-based pensions would have on women. However, their focus was on the homemaker: the wife and mother who took care of home and family while her husband earned the family's living."

It was not until 1977 that the child-rearing drop-out provision was introduced, allowing women to exclude low-earning periods spent caring for children from their benefit calculations. This provision was overlooked when the CPP enhancement formula was

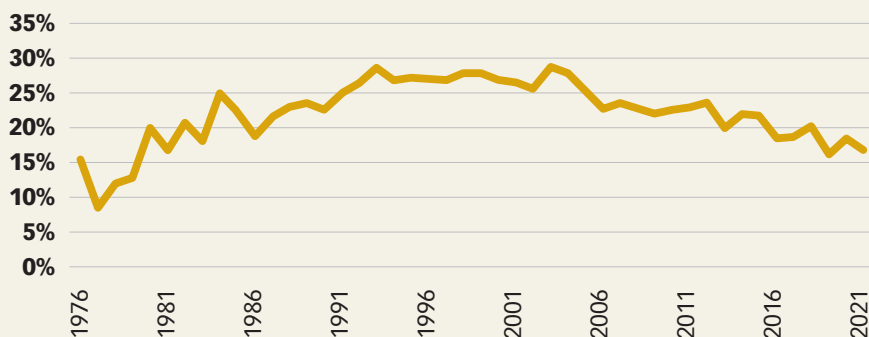
introduced in 2016 and had to be added following significant pushback.

The pension gap is especially pronounced in employer-sponsored pensions, with a 25 per cent gender gap in private pensions. Historically, women-dominated occupations — often part-time — did not offer pension plans, and where they did, women were frequently denied membership. Although these issues were gradually addressed, it was not until the mid-1980s that pension laws prohibited gender discrimination. Women are also more likely to have lower lifetime earnings, experience caregiving interruptions and be concentrated in lower-paid jobs, all of which result in lower retirement savings.

Important steps have been taken, including better access for part-time workers in certain pension regimes, the Supreme Court's Fraser decision on job-sharing and adverse-effect discrimination, and provincial reforms toward immediate vesting.

In this context, on April 16, 2026, Gisèle Tassé-Goodman, Federal Retirees' national board chair, appeared before the Standing Committee on the Status of Women, which was studying the abuse and financial vulnerability of senior women. She told the committee that, "retirement income inequities create barriers to health, dignity and security. These challenges have only been amplified by recent affordability challenges and inflationary pressures [...] Addressing the financial vulnerability of older women means addressing economic and social conditions throughout the life course to close the gaps in retirement security." ■

Gender Pension Gap in Canada (1976 to 2021)



Source: Ontario Pay Equity Office, based on Statistics Canada. Table: 11-10-0239-01, *Income of individuals by age group, sex and income source, Canada, provinces and selected census metropolitan areas. Age 65 and over +, in Constant 2020 dollars.*

Patrick Imbeau is a pensions and disability benefits officer at the Public Service Alliance of Canada.



Margaret Gillis, co-founder of the International Longevity Centre Canada, says a convention on the rights of older persons is important because it closes a gap in international human rights law. Photo: ILC Canada

Canada and the UN Convention

The United Nations is drafting a convention to protect older people, and Canada has decided to engage in the process.

BY JENNIFER CAMPBELL

The good news is that the United Nations Human Rights Council is moving ahead in drafting a convention on the Rights of older persons. And the Canadian government has recently confirmed its representatives can engage in the negotiations on the convention currently being drafted.

“Engaging in negotiations is an important step forward and Canada is saying the right things in terms of supporting human rights as an obligation of the state and ensuring older persons are involved in the convention’s negotiation,” says Margaret Gillis, founder and president emerita of the International Longevity Centre (ILC) Canada and an ambassador for Elder Abuse Prevention Ontario.

Gillis adds that she wishes Canada would champion the convention the way countries such as Slovenia, Portugal, Ghana, Brazil and Argentina have been, but she’s pleased Canada will be at least

champion human rights as it usually does.

The United Nations (UN) convention is increasingly urgent because aging populations are transforming their societies. By 2050, one in five people will be older than 60, with 80 per cent of them living in low- and medium-income countries.

Canada is not immune. By 2030, a quarter of Canada’s population will be older than 65 and older Canadians face, among other challenges, ageism, barriers in access to health and social care, elder abuse, housing insecurity and homelessness. And yet, until the convention is drafted, there is no dedicated international human rights instrument for older persons.

Gillis says there were many good reasons for Canada to finally decide to participate in the drafting of the convention. First, it closes a gap in international human rights law by creating a binding treaty that addresses

ageism, age discrimination, elder abuse and neglect, access to long-term care, health-care inequities and other unique challenges of aging. Such a convention also combats ageism, clarifies and improves accountability of governments’ obligations to their older citizens, and supports Indigenous and marginalized older people and people facing prejudices.

“A society is ultimately judged by how it treats its older citizens,” Gillis says. “Canada should lead the call for a UN Convention on the Rights of Older Persons because growing older should never mean losing rights, voice or dignity. A convention would transform principles into protections — challenging ageism, demanding accountability and affirming that every person has the right to age with respect, equality and purpose.”

Gillis points to the fact that Canada itself needs this convention as it had one of the worst records in the world for deaths in long-term care facilities during the COVID-19 pandemic, with 14,000 deaths.

“It was a national tragedy and a stain on our collective conscience,” Gillis says. “Little or nothing has changed to prevent it from happening again.”

She also noted that 550 older people died in the British Columbia heat dome of 2021 and that 90 per cent of them were over the age of 60. As a result, the federal and provincial governments involved earned stern condemnation from Human Rights Watch for not protecting their citizens.

Before Canada decided to support the drafting on the convention, Gillis’s ILC Canada held an event at the Senate of Canada to generate support for it. Federal Retirees national board chair Gisèle Tassé-Goodman, and Jessica Searson, Federal Retirees’ director of advocacy, attended the event. Among the speakers was former UN ambassador Bob Rae, who has been a long and strong advocate for the convention. ■

Jennifer Campbell is the editor of *Sage* and *Sage60*.

More support needed for veterans

A report recommends a healthy aging strategy for veterans among other policy proposals to keep veterans mentally and physically healthy as they age. **BY PATRICK IMBEAU**

Canada's veteran population is aging, with increasingly complex mental and physical health needs, and there is a pressing need to determine how best to support older veterans, according to a new report from the National Institute on Aging, the Canadian Frailty Network and the Canadian Institute for Military and Veteran Health Research. In 2003, only six per cent of veterans with service since 1954 were over 70 years old; today, that figure is 33 per cent.

This group has higher rates of back pain, arthritis, depression, anxiety and post-traumatic stress disorder than the average Canadian of the same age and sex. The proportion of veterans living with three or more mental health disorders rose from 3.1 per cent in 2002 to 21.9 per cent in 2018. They were also more likely to experience physical activity limitations, such as needing help with at least one activity of daily living.

These challenges can be compounded by intersecting factors such as gender,

race, Indigenous identity and 2SLGBTQI+ status. For example, women veterans were more likely than men to report activity limitations and certain mental health and chronic health conditions. They also faced a higher risk of sexual misconduct, assault or discrimination. Despite this, equity-deserving groups have often been underrepresented in research on veteran health and well-being.

The report identifies several programs that support this aging population, including the Veterans Independence Program, Caregiver Recognition Benefit, Attendance Allowance and Treatment Benefits Program. However, these programs are spread across federal, provincial/territorial and community systems, which makes navigation more difficult. The system also relies heavily on unpaid caregivers, who are key to the effectiveness of home-care services for veterans aging in place. Unpaid caregivers of veterans often face high stress, financial strain and poor mental

and physical health. Spouses of veterans affected by PTSD also report increased mental health challenges, marital stress and a higher risk of divorce.

Researchers also reviewed how other countries support older veterans, including the United States, Australia, New Zealand and the United Kingdom. They found substantial variation between countries. For example, some systems provide direct financial support for long-term care, while others rely on the charitable sector for residential and home care. Similar differences exist in physical and mental health programs for older veterans. The U.S. has a specific program called Geriatrics and Extended Care, that provides tailored information; other countries do not have comparable services. As in Canada, initiatives for veterans from equity-deserving groups remain limited.

The report concludes with six evidence-informed policy recommendations: Develop a healthy aging strategy for Canada's aging veterans; evolve the Veterans Independence Program to better meet the needs of future generations; support veterans to age in the right place by building a more comprehensive continuum of long-term care services; strengthen supports for unpaid caregivers; integrate best practices in mental health and trauma-informed care into everyday care; and expand research and access to trauma-informed, culturally safe care for aging veterans from equity-deserving groups. ■

Patrick Imbeau is a pensions and disability benefits officer at the Public Service Alliance of Canada.



Tracking fellow members

Joe Healy has spent 25 years documenting the graves of RCMP members. He's now traced everyone who has worn the red serge since 1873. **BY ANDREW DUFFY**

In 2001, newly retired RCMP superintendent Joe Healy visited the graves of his wife Cathy's parents and grandfather at Ottawa's Notre-Dame Cemetery. Cathy's grandfather was a longtime member of the national police force, but there was nothing on his headstone to mark his RCMP service.

"He spent 25 years in the RCMP, but nobody would know," remembers Healy, now 81. "The light went on and I thought to myself, 'There's cemeteries with thousands of our members across Canada and around the world — and nobody knows where these people are.'"

So began the quest that would define his next quarter century: to track and document the burial places of thousands of former RCMP officers. Through his own sleuthing, and with the help of volunteers across the country, Healy has built a database and a website, rcmpgraves.com, that boasts files on everyone who has worn the red serge since 1873.

The searchable database offers information on more than 80,000 people who served in the RCMP and its predecessors, the North-West Mounted Police (NWMP) and the Royal NWMP. Each file includes the officer's name and regimental number; many also include photographs, career histories, biographical data and gravesite information. It also includes special sections devoted to historic RCMP exploits, famed Mounties and those who served Canada in wartime.

One feature tells the story of former hockey broadcaster Don Cherry's grandfather, who rode in the famed March West in 1874 to pacify the restive prairies. (NWMP Const. John T. Cherry was disciplined for "insolence" and "disobedience.")

"There's no police force in the world

that has such an elaborate database about its former members," Healy, a 36-year RCMP veteran, says of his website.

The RCMP has taken an interest in Healy's work and has asked him to bequeath his database to the police service or the RCMP Veterans' Association.

Glen Siegersma, the association's chief administrative officer, said talks about how to continue the database are at an early stage.

Healy is thrilled others see the value of his site. His work has already earned him the Sovereign's Medal for Volunteers and an RCMP's Commissioner's Commendation.

Born and raised in St. Stephen, N.B., Healy joined the RCMP in August 1964 at age 19. He served in Burnaby, Surrey and Maple Ridge, B.C., Regina, Ottawa, Toronto and Prince Edward Island. Along the way, he studied part-time for a bachelor's and a master's in education.

In Ottawa, he served on the security detail assigned to prime minister Pierre Trudeau, and escorted Justin Trudeau to his first day of primary school. Later, he trained officers in Namibia, Bosnia and Czechia.

After retiring, Healy learned computer programming to build his database.

News of his endeavour spread among RCMP veterans and Healy was soon inundated with information about RCMP graves, along with obituaries, pictures and stories. He's particularly proud of recovering the remains of assistant commissioner Alexander Eames, a legendary RCMP officer who directed the epic hunt for murderer Albert Johnson, the Mad Trapper of Rat River, which ended in the Yukon during the winter of 1932.

Eames died in Vancouver in 1965, but



Through his own sleuthing and the help of volunteers across the country, Joe Healy has built rcmpgraves.com, which boasts files on everyone who has worn the red serge since 1873. Photo: Compliments of Joe Healy

his cremated remains sat on a cemetery shelf in Burnaby, B.C., for 44 years until Healy tracked them down. He paid to have Eames's remains sent to Ottawa and interred at the RCMP National Memorial Cemetery in June 2012.

Healy, who joined Federal Retirees in 2025, devotes eight hours a day to his project.

"The red serge meant the world to me," he says. "I proudly wore it and still proudly serve it." ■

Andrew Duffy is a former feature writer at the *Ottawa Citizen* and the recipient of five National Newspaper Awards for feature writing and work on breaking news, investigative and special projects.



Jacques Lambert, centre, received the Claude Edwards Leadership Award at the annual meeting of members. Gisèle Tassé-Goodman, chair of the national board, presented his award, alongside Shawn McCord, account executive for belairdirect. Photo: Dave Chan

Our award-winning volunteers

Jacques Lambert, long-time volunteer with the Montreal branch and national board of directors, received the Claude Edwards Leadership Award. **BY JENNIFER CAMPBELL**

Receiving the Claude Edwards Leadership Award was “an immense honour and a profoundly moving moment,” says Jacques Lambert, who is currently serving as the president of the Montreal branch. Lambert says he felt a great sense of pride, but more than that, profound gratitude for the people he’s had the privilege of working with since he started working as a Federal Retirees volunteer in 2009. He says the award isn’t just acknowledging one person, but rather a team of passionate volunteers, engaged administrators and partners who share the same values. He adds the award will motivate him to work even harder.

As the president of the Montreal branch, Lambert has consistently adapted the services of the 12,000-member branch to meet its diverse needs. It provides services in both official languages and takes into account the cross-section of members’ ages, backgrounds and lived experiences.

Under Lambert’s leadership, the branch maintains a membership-recruitment committee, a membership-

retention committee, board member- and volunteer-recruitment committees and a committee for recruiting volunteers. This strategy ensures continuity and strengthens the branch’s capabilities, enabling it to operate in a professional and informed manner, thereby enhancing its ability to serve members well.

Volunteerism award



Eileen Whyte

to submit the activities I’ve been doing for many years in a volunteer capacity, and it was nice to be recognized for contributing to other people’s well-being and in ensuring that everybody’s aware there is advocacy out there for them and how to access it.”

Whyte joined the Association’s South-East New Brunswick branch in January 2010 and joined the branch’s board in

Eileen Whyte says it was an honour to have been chosen as this year’s volunteerism award recipient.

“I was really pleased that my branch asked me

May 2021. Since early 2020, she has also chaired the caring committee and she takes a leading role in recommending speakers at branch meetings.

More broadly, she participated in the Echo Project, part of the World Health Organization’s age-friendly environments mentoring program. As a cancer survivor, she also works with newly diagnosed cancer patients on a volunteer basis and is a member of the City of Moncton’s seniors advisory committee, which works on an initiative that helps the unhoused in Moncton, N.B.

Small branch excellence

The Battle River, Alta., branch won the branch excellence award for small branches. In 2024-2025 it launched an initiative called the Advocacy and Recruitment Meetings (ARM) through which it ultimately communicated with four MLAs and one MP. All four MLAs replied to the branch’s communications, and two face-to-face meetings with the branch president were successfully conducted.

Large branch award

In addition to Whyte’s award for volunteering, the South-East New Brunswick branch also received the large branch excellence award. In 2025, the branch held seven management meetings and five general membership meetings. It also attended several retirement preparation sessions for future federal retirees and presented the benefits of membership, recruiting several members as a result. It invited members to attend 2025 federal election candidate debates in its region and ask advocacy-related questions prepared by the national office.

Finally, it invited Lyne Chantal Boudreau, provincial minister of seniors, to speak at its annual banquet in 2025, and spoke to participants to gain a better understanding of the issues facing the association and older people in general. ■

Jennifer Campbell is the editor of *Sage*.

Downsize in doses

Why downsizing is the ultimate retirement upgrade.

Retirement is supposed to be about freedom — freedom to travel, spend time with family and finally dive into hobbies you've put off for years. Yet, many Canadian retirees find themselves tied down by the very asset meant to secure their future: the family home.

Maintaining a large house, shovelling heavy winter snow and managing rooms that rarely get used can quickly turn from a source of pride into a source of stress. Downsizing your home and your possessions isn't about sacrificing your lifestyle; it's about upgrading it. By transitioning to a smaller, more manageable space, you can unlock home equity, reduce monthly utilities and trade hours of weekend maintenance for pure leisure.

Starting small: The "no-overwhelm" approach

The biggest hurdle to downsizing isn't finding a new home — it's facing decades of accumulated memories and belongings. Looking at a garage or a basement full of items can feel paralyzing. The secret is to change your timeline and your scope. You didn't build this life in a weekend, and you don't need to pack it up in one either.

Start by focusing on micro-tasks. Instead of resolving to "clean out the basement," pledge to sort through just one drawer or one shelf today. By removing the pressure of a massive overhaul, you build momentum.

Another excellent strategy is the "one-year rule." If you haven't used an item, worn an article of clothing or looked at a specific tool in the past 12 months, it's likely safe to let it go. Canada's



distinct seasons make this rule incredibly practical — if an item survived last winter and this summer tucked away in a box, it's not contributing to your daily joy.

Your downsizing to-do list

To help you get the ball rolling without the stress, focus on these five straightforward steps:

- **Audit your space:** Walk through your current home and identify the rooms you actually live in. You'll likely realize you only utilize a fraction of the square footage daily.
- **Digitize the memories:** Photos, old tax returns and kids' school artwork take up massive amounts of physical space. Spend an afternoon scanning these items onto a hard drive or into cloud storage. You keep the memory without the dust.
- **Gift legacy items now:** If there are family heirlooms, jewelry or furniture pieces you plan to pass down to children or grandchildren, give them now. Watching your loved ones enjoy these items today is far more rewarding than leaving them behind in a future move.
- **The three-box method:** Whenever

you tackle a room, bring three boxes labelled: keep, donate/sell, and toss. Be ruthless but fair with yourself.

- **Consult a professional:** You don't have to do this alone. Reach out to your Federal Retirees' national partner, Relocation Services Group (RSG), to assist you in coordinating your real estate sale, purchase and household move. With no additional cost to you, you have a personal moving consultant to arrange all aspects of your move. Call today, 1-866-865-5504 or email info@relocationservicesgroup.com
- **Visit our website:** relocationservicesgroup.com/faq/ for more information and to answer your questions about this service.

Embrace the freedom

Downsizing is a profound emotional shift, but it is ultimately an act of liberation. Less space means less cleaning, lower bills and more financial flexibility to enjoy the beautiful Canadian landscape or catch a flight to your favourite warm destination. Clean out the clutter, open up your financial future and step into a lighter, more vibrant retirement. ■

This article is courtesy of **RSG**, a Preferred Partner of the National Association of Federal Retirees.

The latest news



Federal Retirees board members: first row, from left: Scott Hodge (B.C. & Yukon), George Scott (B.C. & Yukon), Gisèle Tassé-Goodman (national board chair), Hélène Nadeau (national board vice-chair), Paula Nygaard (Prairies & N.W.T.) and Dan Napier (Ottawa & Nunavut). Second row: Sylvie Rocheleau (Quebec), René Grenier (Quebec), Richard Bale (Atlantic), Sharon Squire (Ottawa & Nunavut), Ted Young (Ontario), John Erkelens (Prairies & N.W.T.), Brenda Teed (Atlantic) and Carol Grieco (Ontario).

Welcome, new directors

Two new national directors were elected at the 2026 annual meeting of members: John Erkelens from Prairies & N.W.T. and René Grenier of Quebec.

John Erkelens was an aerospace engineer with the Canadian Armed Forces before joining the federal public service, where he managed the Prairie Region Calibration Centre. An active volunteer and advocate, Erkelens has supported Federal Retirees branches across Alberta and brings extensive governance, advocacy and volunteer experience through his involvement with numerous health-care, seniors' and community organizations.

René Grenier spent more than 35 years with the Canadian Coast Guard, retiring in 2011 as assistant commissioner. Throughout his career, he held senior leadership positions in marine operations, Arctic research and public administration. An active and committed volunteer, Grenier has served as president of Federal Retirees' Quebec Branch and on numerous community and

professional boards. He was elected to the national board of directors in 2026.

Sharon Squire was appointed to the board in 2025 to fill a position vacated by another director, and in June 2026, she ran unopposed for a three-year term. She spent more than three decades in the federal public service, including serving as deputy veterans ombud. She has volunteered on multiple boards and currently chairs the board of trustees at The Royal, an Ottawa mental illness treatment hospital. Squire is deeply committed to supporting veterans, their families and older Canadians and ensuring their voices are heard in policy discussions. She joined the Ottawa & Nunavut branch board in 2023.

Leaders wanted

Federal Retirees is led by an active board of 14 retired federal public servants from all levels of government, the RCMP and the Canadian Armed Forces. Serving on the national board is an opportunity to apply your strategic and leadership skills. It's also a chance to make a difference in the lives of nearly

170,000 association members across Canada. We are seeking nominations for four three-year board positions open for election in 2027, namely national directors for the Prairies & N.W.T., Ottawa & Nunavut, Ontario and for national vice-chair. If you are interested in joining the board of Federal Retirees and lending your voice to speak for the security of retirement for our members and all Canadians, or for more information, please email elections@federalretirees.ca to contact the nominating committee. The nominations process for national directors opens Oct. 8, 2026, and closes March 17, 2027.

Support the GCWCC

Every year, federal retirees leave a lasting legacy through the Government of Canada Workplace Charitable Campaign (GCWCC). Donations impact thousands of lives and uplift entire communities. Visit canada.ca/en/campaign/charitable for more information.

Veterans' Week

With Veterans' Week in Canada set for Nov. 5 to 11, take the time to pay tribute to those who sacrificed their lives to defend peace and freedom for Canada and around the world. You can attend ceremonies at your local cenotaph on Remembrance Day, thank veterans for their service or visit veterans.gc.ca/en/remembrance to learn more about their courage and sacrifice.

We want to hear from you

Keep an out for our membership engagement survey, which we are preparing for launch this fall. Members who are unable to complete the survey online can call our membership team toll free at 1-855-304-4700. They will be happy to send you a hard copy in the mail. ■

I care
I give
It matters

J'y crois
Je donne
C'est important



THE POWER OF COMMUNITY

**Every year, federal retirees
leave a lasting legacy through
the GCWCC.**

Whether it's navigating health challenges, supporting a loved one through illness, or ensuring everyone has a place to call home - these aren't just causes. They're realities you've seen, lived, or care about.

Your experience gives you the wisdom to act—and the heart to make a difference.

Through the GCWCC, you can support trusted organizations like HealthPartners and your local United Way Centraide, who are working tirelessly to address these causes. Your donation helps deliver vital healthcare, caregiving support, and safe housing to those who need it most.

Because at every stage of life, compassion counts.

GIVE TODAY



By Mail

complete a gift form and mail to:
GCWCC, 363 Coventry Road,
Ottawa ON K1K 2C5



By Phone

at 1-877-379-6070



Online

at uwco.ca/GCWCC/Retirees
or scan the QR code above



Canada.ca/gcwcc-retirees



Your branch in brief

For the latest news, updates and office hours, watch for emails from your branch, visit its website, phone or check the inserted report if available. To add your email to our lists, visit federalretirees.ca/email-capture. Or, contact our member services team at (613) 745-2559, ext. 300, or toll-free at 1-855-304-4700.

British Columbia

BC01 CENTRAL FRASER VALLEY

P.O. Box 2202 Station A
Abbotsford, B.C. V2T 3X8
(604) 312-8598
federalretirees.ca/centralfraservalley
centralfraservalley@federalretirees.ca

BC02 CHILLIWACK

P.O. Box 463
Chilliwack, B.C. V2P 6J7
federalretirees.ca/chilliwack
chilliwack@federalretirees.ca

BC03 DUNCAN AND DISTRICT

34-110 Cook St.
Chemainus, B.C. V0R 1K2
(250) 324-3211 (details)
federalretirees.ca/duncan-district
duncanfederalretirees@gmail.com (details)

Branch meeting/Xmas: Dec. 3,
Cobble Hill Community Hall,
3550 Watson Ave., Cobble Hill.
Details TBP by email/phone.

BC04 FRASER VALLEY WEST

P.O. Box 75022, RPO White Rock
Surrey, B.C. V4A 0B1
(604) 753-7845 (RSVP)
federalretirees.ca/fraservalleywest
nafrbc04@gmail.com (RSVP)

General meeting and Christmas

buffet: Dec. 7, Morgan Creek Golf Course,
Surrey — \$35 **RSVP**

BC05 MID-ISLAND AND PACIFIC RIM

P.O. Box 485
Lantzville, B.C. V0R 2H0
(250) 754-4031
federalretirees-midisland.ca
mid-island@federalretirees.ca (RSVP)

Christmas general meeting and

luncheon: Nov. 26, 10 a.m., Nanaimo Golf
Club, 2800 Highland Blvd., Nanaimo —

+1 RSVP

Volunteers wanted: secretary,
vice-president, IT director

BC06 NORTH ISLAND-JOHN FINN

P.O. Box 1420
Comox, B.C. V9M 7Z9
1-855-304-4700
nijf.ca
info@nijf.ca

BC07 CENTRAL OKANAGAN

P.O. Box 20186 RPO Towne Centre
Kelowna, B.C. V1Y 9H2
(250) 712-6213
federalretirees.ca/centralokanagan
centralokanagan@federalretirees.ca

BC08 VANCOUVER AND YUKON

4445 Norfolk St.
Burnaby, B.C. V5G 0A7
(604) 681-4742
vancouverbranch@federalretirees.ca

**Luncheon and recruitment event
with Collette Travel:** Sept. 22, 10 a.m.
to 2 p.m., Italian Cultural Centre,
3075 Slocan St., Vancouver — \$ **RSVP**

Holiday luncheon: Dec. 10, 10 a.m.
to 2 p.m., Italian Cultural Centre, 3075
Slocan St., Vancouver

— \$ **RSVP**

Volunteers wanted: office assistants

BC09 VICTORIA-FRED WHITEHOUSE

P.O. Box 2332
Sidney, B.C. V8L 3W6
(250) 385-3393
victoriafredwhitehouse@federalretirees.ca

General meeting: Sept. 8, 10 a.m.,
Saanich Peninsula Presbyterian Church —



General meeting: Dec. 8, 10 a.m.,
Craigflower Community Centre —

Volunteers wanted: board directors

BC10 SOUTH OKANAGAN

696 Main St., Penticton, B.C. V2A 5C8
(250) 493-6799
s.okanagan@federalretirees.ca

BC11 OKANAGAN NORTH

347 Kildare Way, Vernon, B.C. V1H 2C7
(250) 549-3840
federalretirees.ca/northokanagan
okanagannorthbr11@federalretirees.ca

BC12 KAMLOOPS

P.O. Box 1397 Stn., Main
Kamloops, B.C. V2C 6L7
(250) 571-5007
kamloops@federalretirees.ca

BC13 KOOTENAY

3213 Fifth St. S.
Cranbrook, B.C. V1C 6L9
(250) 420-7856
federalretireeskootenay@gmail.com

BC15 PRINCE GEORGE

P.O. Box 2882 Stn., B
Prince George, B.C. V2N 4T7
federalretirees.ca/princegeorge
princegeorgebranch@federalretirees.ca

Alberta

AB16 CALGARY AND DISTRICT

302-1133 7 Ave. S.W.
Calgary, Alta. T2P 1B2
(403) 265-0773
federalretirees.ca/calgary
calgarybranch@federalretirees.ca

Holiday luncheon: Dec. 2, Carriage
House Inn — **RSVP**

AB17 EDMONTON AND NORTHWEST TERRITORIES

c/o 865 Sheppard Rd.
Ottawa, Ont. K1J 1H9
(780) 413-4687
1-855-376-2336
federalretirees.ca/edmonton
edmonton@federalretirees.ca

LEGEND

For detailed information,
contact your branch.



— Food will
be served.



— Guest speaker.



— There is a charge for
members and guests.
Dollar amounts presented
indicate pricing.

RSVP

— RSVP is required; deadline
indicated by date. Contact
the noted telephone
number or email address.



+1 — Guests and
prospective members
are welcome to
attend this event.

AB18 SOUTHERN ALBERTA

Nord-Bridge Seniors Centre
1904 13 Ave. N.
Lethbridge, Alta. T1H 4W9
(403) 328-0801
nafr18@shaw.ca

AB19 RED DEER

c/o 126-4512 52 Ave.
Red Deer, Alta. T4N 7B9
(587) 877-1110
federalretirees.ca/reddeer
reddeer@federalretirees.ca

AB20 MEDICINE HAT AND DISTRICT

c/o 865 Shefford Rd.
Ottawa, Ont. K1J 1H9
1-855-304-4700
medicinehatbranch@federalretirees.ca

AB21 BATTLE RIVER

3620 Erickson Dr.
Camrose, Alta. T4V 3Y7
(780) 281-0323
battleriverab21@federalretirees.ca

Saskatchewan

SK22 NORTHWEST SASKATCHEWAN

161 Riverbend Cres.
Battleford, Sask. S0M 0E0
(306) 441-1819
tbgs@sasktel.net

SK24 REGINA AND AREA

112-2001 Cornwall St.
Regina, Sask. S4P 3X9
(306) 359-3762
regina@federalretirees.ca

SK25 SASKATOON AND AREA

P.O. Box 3063 Stn., Main
Saskatoon, Sask. S7K 3S9
(306) 270-7630
federalretirees.ca/saskatoon
saskatoon@federalretirees.ca

SK26 PRINCE ALBERT AND DISTRICT

P.O. Box 211
Candle Lake, Sask. S0J 3E0
(306) 314-5644
(306) 921-4449
gents@sasktel.net

Manitoba

MB30 WESTERN MANITOBA

c/o 311 Park Ave. E.
Brandon, Man. R7A 7A4
1-855-304-4700
federalretirees.ca/western-manitoba
westernmanitoba@federalretirees.ca

MB31 WINNIPEG AND DISTRICT

526-3336 Portage Ave.
Winnipeg, Man. R3K 2H9
(204) 989-2061
winnipeg@federalretirees.ca

MB32 CENTRAL MANITOBA

12 Radisson Ave.
Portage La Prairie, Man. R1N 1A9
(204) 856-0662
r1n1a9gj@gmail.com

MB91 EASTERN MANITOBA

P.O. Box 58
Pinawa, Man. R0E 1L0
(431) 276-6222
easternmanitoba@federalretirees.ca

Ontario

ON33 ALGONQUIN VALLEY

P.O. Box 1930
Deep River, Ont. K0J 1P0
(613) 735-4939 (president)
fsnaalgonquinvalley.com
avb.on33@gmail.com

ON34 PEEL-HALTON AND AREA

550 Kerr St.
P.O. Box 20015
Oakville, Ont. L6K 3Y7
1-855-304-4700
federalretirees.ca/peel-halton
nafrtreasureron34@gmail.com

ON35 HURONIA

c/o 865 Shefford Rd.
Ottawa, Ont. K1J 1H9
federalretirees.ca/branch/huronia
huronia@federalretirees.ca (RSVP)
Branch general meeting: Oct. 7, 2026,
10:30 a.m., Barrie Legion, 410 St. Vincent
St., Barrie. This is a recruitment meeting.
— \$10 +1 RSVP

ON37 HAMILTON AND AREA

10 Ramsgate Dr.
Stoney Creek, Ont. L8G 3V5
(905) 906-8237
hamiltonarea@federalretirees.ca

ON38 KINGSTON AND DISTRICT

P.O. Box 1172
Kingston, Ont. K7L 4Y8
1-855-304-4700
federalretirees.ca/kingston
dvossfederalretireeskingston@gmail.com (RSVP)
**Kingston NAFR and Preferred
Partners BBQ:** Sept. 18, 5 p.m. to 8 p.m.
Royal Kingston Curling Club, 130 Days Rd. —
\$10/\$15 +1 RSVP Sept. 9

ON39 KITCHENER-WATERLOO AND DISTRICT

c/o 865 Shefford Rd.
Ottawa, Ont. K1J 1H9
(519) 742-9031
federalretirees.ca/kitchenerwaterloo
kitchenerwaterloo@federalretirees.ca
Festive lunch and recruitment event:
Nov. 18, 11 a.m., Polish Legion,
601 Wellington St. North, Kitchener — \$15
 RSVP Nov. 12
Volunteers needed: board members
at large

ON40 LONDON

c/o 865 Shefford Rd.
Ottawa, Ont. K1J 1H9
(519) 439-3762 (voicemail)
londonbranch@federalretirees.ca

ON41 NIAGARA PENINSULA

P.O. Box 235
Jordan Station, Ont. L0R 1S0
(289) 969-5414
nafrsecretaryniabbranch41@outlook.com

ON43 OTTAWA, NUNAVUT AND INTERNATIONAL

2285 St. Laurent Blvd., Unit B-2
Ottawa, Ont. K1G 4Z5
(613) 737-2199
nafrottawa.com
nafrottawa.com/our-past-events (webinars)
facebook.com/nafrottawa
info@nafrottawa.com

ON44 PETERBOROUGH AND AREA

P.O. Box 2216 Stn., Main
Peterborough, Ont. K9J 7Y4
(705) 786-0222
jabrown471@outlook.com
General meeting: Oct. 7, 10 a.m. to 1 p.m.,
Royal Canadian Legion, Branch #52, 1550
Lansdowne St., W., Peterborough. — \$15

LEGEND

For detailed information,
contact your branch.



— Food will
be served.



— Guest speaker.



— There is a charge for
members and guests.
Dollar amounts presented
indicate pricing.

RSVP — RSVP is required; deadline
indicated by date. Contact
the noted telephone
number or email address.



+1 — Guests and
prospective members
are welcome to
attend this event.

ON45 QUINTE

1 Forin St.
Belleville, Ont. K8N 2H5
(613) 848-3254
quintebbranch@federalretirees.ca

Christmas brunch and recruitment event: Nov. 14, Belleville Club —  

ON46 QUINTRENT

77 Campbell St.
Trenton, Ont. K8V 3A2
(613) 394-4633 (voicemail)
nafr46@bellnet.ca

ON47 TORONTO AND AREA

Westney Heights RP-PO Box 31053
Ajax, Ont. L1T 3V2
(226) 697-6011 – voicemail only
torontobbranch@federalretirees.ca
federalretirees.ca/en/branches/ontario/
toronto-area-branch

Information and recruitment event:
Oct. 20, 11 a.m., St. Andrew's United
Church, 117 Bloor St. E., Toronto —  
+1 RSVP

ON48 THUNDER BAY AND AREA

P.O. Box 29153 RPO McIntyre Centre
Thunder Bay, Ont. P7B 6P9
(807) 624-4274
nafrmb48@gmail.com

ON49 WINDSOR AND AREA

492 Gilbert Ave.
Lasalle, Ont. N9J 3M9
(519) 982-6963 (RSVP)
windsorandarebranch@federalretirees.ca
danielhebert63@gmail.com (RSVP)

Recruitment BBQ: Sept. 11, noon,
Fogolar Furlan Club, Reservations. **\$20** 
RSVP Sept. 1

Volunteers wanted: Director at large

ON50 NEAR NORTH

P.O. Box 982 Stn., Main
North Bay, Ont. P1B 8K3
(705) 498-0570
nearnorth50@gmail.com

ON52 ALGOMA

P.O. Box 167
Echo Bay, Ont. P0S 1C0
(705) 248-3301
lm.macdonald@sympatico.ca

ON53 OTTAWA VALLEY

P.O. Box 20012
Carleton Place, Ont. K7C 4K3
federalretirees.ca/ottawavalley
ottawavalley@federalretirees.ca

ON54 CORNWALL AND DISTRICT

P.O. Box 28
Long Sault, Ont. K0C 1P0
(343) 983-0505
federalretirees.cornwall@gmail.com

Branch anniversary celebration/Fall recruitment event: Details TBD.

Volunteers wanted: for fall branch anniversary celebration

ON55 YORK

R116-10225 Yonge St.
Richmond Hill, Ont. L4C 3B2
(905) 669-4489
federalretirees.ca/york
federalretirees.york@gmail.com

ON56 HURON NORTH

P.O. Box 943, Azilda, Ont. P0M 1B0
(705) 562-0775
federalretirees.ca/huron
huronnorth56@gmail.com

Volunteers wanted: directors at large

Quebec**QC57 QUEBEC**

162-660 57^e rue O.
Quebec, Que. G1H 7L8
1-866-661-4896
(418) 661-4896 (reservations)
(581) 703-9722 (Quebec breakfasts info)
(418) 833-2221 (Lévis breakfasts info)
golfdrrhc@gmail.com (golf info)
facebook.com/retraitesfederauxquebec
anrf@bellnet.ca

QC58 MONTREAL

300-1940 boul. Henri-Bourassa E.
Montreal, Que. H2B 1S1
(514) 381-8824
info@anrfmontreal.ca
anrfmontreal.ca
facebook.com/retraitesfederauxmtl

Virtual conference: Fact or fiction?
A Guide, with journalist Marie-Eve Martel,
Sept. 9, Quebec Centre for Media and
Information, free.

Hop on the Colors Train to Charlevoix and La Malbaie: Oct. 5-6. Waiting list on website — **\$**

Virtual conference: How to choose a residence that meets your needs: Oct. 21, Nellie Létourneau of Résidence Québec.

Branch 60th anniversary and holiday celebrations: Plaza Le Rizz — **\$** 

QC59 EASTERN TOWNSHIPS

1871 rue Galt O.
Sherbrooke, Que. J1K 1J5
(819) 829-1403
info@anrf-cantons.ca
anrf-cantons.ca

Monthly breakfast: Sept. 8, Oct. 13,
Nov. 10, 8:30 a.m. See website for location.
— **\$** 

QC60 OUTAOUAIS

115-331 boul. de la Cité-des-Jeunes
Gatineau, Que. J8Y 6T3
(819) 776-4128
admin@anrf-outaouais.ca

Breakfast conference: Women's Health and Men's Wellbeing: Oct. 7, Cabane en bois rond, Gatineau —   **RSVP**

Outaouais branch Christmas banquet:
Dec. 5, Palais des Congrès de Gatineau —  **RSVP**

QC61 MAURICIE

P.O. Box 1231
Shawinigan, Que. G9P 4E8
(819) 537-9295
(873) 664-5625 (info)
federalretirees.ca/mauricie
anrf.mauricie@gmail.com
anrf-mauricie.adhesion@outlook.fr
activites.anrf.mauricie@gmail.com (info)

Monthly breakfasts: Sept. 9, 9 a.m., restaurant Maman Fournier, 3125 boul. des Récollets, Trois-Rivières — 

Monthly breakfast: Oct. 14, 9 a.m., Chez Auger Restaurant, 5e rue de la Pointe, Shawinigan — 

Remembrance Day Commemorative Walks: Nov. 8, 10:30 a.m., Shawinigan City Hall and 10 a.m. Trois-Rivières Armories, 574 rue Saint-François-Xavier, Trois-Rivières

Monthly breakfast: Nov. 11, 9 a.m., restaurant Maman Fournier, 3125, boul. des Récollets, Trois-Rivières — 

Holiday dinner: Nov. 27, 4:30 p.m., Salle FADOQ Notre-Dame-du-Mont-Carmel, 931, rang Saint-Flavien, Notre-Dame-du-Mont-Carmel — 

Annual trip: Dec. 5, 2 p.m., Québec Issime

QC93 HAUTE-YAMASKA

P.O. Box 25 RPO Bureau-Chef
Granby, Que. J2G 8E2
(450) 915-2311
haute-yamaska@retraitesfederaux.ca

LEGEND

For detailed information, contact your branch.



— Food will be served.



— Guest speaker.



— There is a charge for members and guests. Dollar amounts presented indicate pricing.

RSVP — RSVP is required; deadline indicated by date. Contact the noted telephone number or email address.



— Guests and prospective members are welcome to attend this event.

New Brunswick

NB62 FREDERICTON AND DISTRICT

P.O. Box 30068 RPO Prospect Plaza
Fredericton, N.B. E3B 0H8
(506) 451-2111
federalretirees.ca/fredericton
facebook.com/branchnb62
nafrfred.nb62@gmail.com

NB63 MIRAMICHI

4470 Water St.
Miramichi, N.B. E1N 4L8
(506) 625-9931
smithrd@nb.sympatico.ca

NB64 SOUTH-EAST NB

281 St. George St.
P.O. Box 1768 Stn., Main
Moncton, N.B. E1C 9X6
(506) 855-8349
southeastnb@federalretirees.ca

NB65 FUNDY SHORES

P.O. Box 935 Stn., Main
Saint John, N.B. E2L 4E3
(902) 371-2579
federalretirees.ca/fundy
rossmx.56@gmail.com

NB67 UPPER VALLEY

4 Demerchant Lane
Hillandale, N.B. E7H 1X1
(506) 426-7335
uppervalleynb@gmail.com

Fall meeting: Oct. 2, 10:30 a.m.,
Florenceville Kin Centre, 381 Centreville Rd.,
Florenceville-Bristol — 

NB68 CHALEUR REGION

6 Pine St.
Campbellton, N.B. E3N 3C3
(506) 759-9722
chaleur@federalretirees.ca

Nova Scotia

NS71 SOUTH SHORE

100 High St., P.O. Box 214
Bridgewater, N.S. B4V 1V9
1-855-304-4700
nafrns71pres@gmail.com

GMM: Oct. 22, 11:30 a.m., Pizza Delight,
236 Dufferin St., Bridgewater — \$15 

RSVP

Volunteers wanted: secretary and
treasurer

NS72 COLCHESTER-EAST HANTS

c/o 865 Shefford Rd.
Ottawa, Ont. K1J 1H9
(902) 662-4082
(902) 986-8996
colchester-easthants@federalretirees.ca

NS73 NOVA SCOTIA CENTRAL

102-238A Brownlow Ave.
Dartmouth, N.S. B3B 2B4
(902) 463-1431
nafr73@outlook.com

NS75 WESTERN NOVA SCOTIA

P.O. Box 1131, Middleton, N.S. B0S 1P0
(902) 765-8590
nafr75@gmail.com

**Fall members meeting and
recruitment dinner:** Oct. 14, 11:30 a.m.
Aylesford Lions Club, 2160 Hwy 1, Auburn
— \$   +1 **RSVP** Oct 5

**Christmas dinner and recruiting
event:** Dec. 2, 11:30 a.m. Deep Brook
Waldec Lions Club, 948 Hwy 1, Deep Brook
— \$   +1 **RSVP** Nov 24

**Christmas dinner and recruiting
event:** Dec 9, 11:30 a.m. Aylesford Lions
Club, 2160 Hwy 1, Auburn — \$   +1
RSVP Dec 1

NS77 CAPE BRETON

P.O. Box 785
Sydney, N.S. B1P 6J1
(902) 304-2046 (RSVP)
wheelhouse@seaside.ns.ca

AMM: Oct. 27, 2:30 p.m., Steelworkers &
Pensioners Hall, 30 Inglis St., Sydney — \$10
  +1

NS78 CUMBERLAND

P.O. Box 303
Parrsboro, N.S. B0M 1S0
(902) 661-0613
snowshoe@ns.sympatico.ca

NS79 ORCHARD VALLEY

80 Carriageway Ct.
Wolfville, N.S. B4P 2N1
(902) 385-2729 (secretary)
nafrns79@hotmail.com

NS80 NORTH NOVA

P.O. Box 924 Stn., Main
New Glasgow, N.S. B2H 5K7
(855) 304-4700
terrifleury85@gmail.com

Prince Edward Island

PE82 CHARLOTTETOWN

138 Richard Dr.
Charlottetown, P.E.I. C1A 8G7
1-855-304-4700
federalretireescharlottetown@gmail.com

Member seminar and recruitment

event: Oct. 15, 10 a.m. to 2 p.m.,
Jack Blanchard Hall, Charlottetown — 

Christmas gala dinner: Nov. 24,
6 p.m. to 9 p.m., Jack Blanchard Hall,
Charlottetown — \$ 

PE83 SUMMERSIDE

39-102 Schoolhouse Lane
Stanley Bridge, P.E.I. C0A 1N0
(902) 214-0475
summersidepe83@gmail.com

Newfoundland and Labrador

NL85 WESTERN NEWFOUNDLAND AND LABRADOR

c/o Mike Ryan
5 Tamarack Ave.
Pasadena, N.L. A0L 1K0
(709) 686-5059
manthonyryan45@gmail.com

NL86 CENTRAL NEWFOUNDLAND

132A Bayview St.
Twillingate, N.L. A0G 4M0
(709) 884-2862
wlkjenkins@personainternet.com

NL87 AVALON-BURIN PENINSULA

P.O. Box 21124 RPO MacDonald Dr.
St. John's, N.L. A1A 5B2
(709) 769-6583
avalonburin@federalretirees.ca

General meetings: Sept. 16, Nov. 18,
2 p.m., Royal Canadian Legion,
Blackmarsh Rd., St. John's — 

BBQ dinner and dance: Sept. 25,
6:30 p.m., location tba — \$ 

General meeting: Oct. 14, 11 a.m.,
Conception Bay —  

Christmas dinner and dance:
Dec. 5, 6:30 p.m., Royal Canadian Legion,
Blackmarsh Rd., St. John's — \$ 

LEGEND

For detailed information,
contact your branch.



— Food will
be served.



— Guest speaker.



— There is a charge for
members and guests.
Dollar amounts presented
indicate pricing.

RSVP — RSVP is required; deadline
indicated by date. Contact
the noted telephone
number or email address.



+1 — Guests and
prospective members
are welcome to
attend this event.

In memoriam

BC01 CENTRAL FRASER VALLEY

Louise Alexander

BC03 DUNCAN AND DISTRICT

David Hoffman
John Kurp
Kenneth MacKenzie
R.J. Roux
Gerrit (Gerry)
Warmenhoven

BC04 FRASER VALLEY WEST

Clive Cheung
Karen Wilson

BC05 MID ISLAND – PACIFIC RIM

Robert A. Dodd
William King
Mervin W. Osler
Ralph Phillips
Madeleine Sherry
Ronald West

BC06 NORTH ISLAND-JOHN FINN

Joy Bosse
Syd Burrows
John M Ford
Michael Gariepy
Cecile Mcdougall
Rita Walls
Robert Marshall
William McArthur
Robert Stalker

BC09 VICTORIA- FRED WHITEHOUSE

Nigel Brodeur
James A. Dark
Baptiste Dick
James A. Glass
Arnold Holman
Peter Keith-Murray
Joseph Linguanti
Ian MacLeod
Kenny Murata
George Townsend
Stephen Wright

AB17 EDMONTON

Gary Montgomery

SK25 SASKATOON AND AREA

John L. Bradley
Alvina Risling
Shirley Simonson
Lou (Lucien) Lamy

MB91 EASTERN MANITOBA

Iona Fillion
Ray Henschell
Judy Platford
Ed Veronneau
Peter Taylor

ON33 ALGONQUIN VALLEY

Gregory Sylvestre
Nancy Gleason
James Kohlsmith

ON38 KINGSTON

Anzelm Bal
Odette Bellamy
Marina Castillo
Baptiste Durand
Lane Fitzpatrick
Maj. Hugo Gabehart
(ret'd)
Foster Henderson
Murray Holmes
Enid Roy-Miller
Patrice Soucy
Aline Valiquette

ON39 KITCHENER- WATERLOO AND DISTRICT

Audrey J. Horton
Christopher Norris
Wesley Rutter

ON41 NIAGARA PENINSULA

Al Emoff
Marie Kragl
Phyllis Sterry
Keith Watson

ON43 OTTAWA

Edward Hoganson
Edward John (Ted)
Legg

ON49 WINDSOR

Mary Ann Burgess

ON55 YORK

Yasmin Juma

QC57 QUEBEC

Claude Breton
Rolande Dubeau
Gemma Fiset
Yvon Gosselin
Lucie Landry
Andrée Miousse
Clément Rodrigue
Jean Vézina

QC58 MONTRÉAL

Michel Abouchaar
Olivette Baillargeon
Jean-Guy Bernard
Norman Clark
Yvon Côté
Pierre Couturier
Alex Delvaux
Réal Doire
Claire Gadbois
Jean-Eudes Gaudry
Liette Girouard
Claude Grenier
R.-P.-J. Langlois
Michel Lauzon
Gisèle LeBrun
Robert Maitre
Mireille Poisson
Antaya

Thérèse Poitras
Thérèse Robert
Michel Tremblay

QC60 OUTAOUAIS

Pierre Gaudreau
Yvon Leclair
Johanne Daoust
Robert Matteau
Claude Charland
Monique Charron
Roger St.-Jean
André Roy
Aline Laliberté
Gavin Bérubé
Raymond Bergeron
R. Paquette
Gilles Fournel
B. J. McCooney
Louisette Simard
Luce Bessette
Marcel Renaud
Nicole Barnabé Roy
Carole Charbonneau
G.R. Marcil
Hélène Breton

QC61 MAURICIE

Pierre Rivard
Mireille Rodier

NB 65 FUNDY SHORES

Donald Childs
Richard Elliott
Laurie Gosse

NB62 FREDERICTON AND DISTRICT

Fred Wyllie

NB64 SOUTH-EAST NEW BRUNSWICK

Lenore Ball
Mabel Goguen

NB67 UPPER VALLEY

Donna Peterson
Claudette Thibodeau

NS72 COLCHESTER EAST-HANTS

Gene Bell

NS75 WESTERN NOVA SCOTIA

Ronald H. Cornwell
Robert F. Handspiker
L. Barry Lowe
John S. Neily
Mona L. Rand
Marion A. Rigby
Alice M. Robbins
Douglas Salter
Ron W. Sampson
William H. Spurr
Isabella Winchester



2026 Mega Recruitment Drive

Our Mega Recruitment Drive is back and Federal Retirees has great prizes to thank you for supporting the organization by helping to grow our membership and our collective voice.

Together, we are strong, and with each additional member, we reinforce our influence on issues that are important to you: retirement security, pharmacare, veterans' issues and long-term care, to name a few. And we mustn't forget the first-rate travel insurance that membership offers.

From Sept. 3 to Nov. 27, 2026, members, as well as new recruits, will again have a chance to win incredible prizes, courtesy of Federal Retirees and its preferred partners. Each time a referral you suggested becomes a

member, you will get a ballot. There is no limit to the number of ballots you can earn, so start recruiting early and often. The deadline to enter our early bird draw is Oct. 31, 2026. Get your referrals in by that date to be eligible for a \$1,000 pre-paid credit card, courtesy of IRIS Advantage.

Whether you recruit a new member or change your membership category from single to double, you have a chance to win terrific prizes.

We've made recruiting easy for you. Just visit federalretirees.ca/mrd and follow the prompts. While you're there, be sure to check out prize details and our contest rules: bit.ly/3TBtfxG.

Thank you in advance for continuing to support Federal Retirees.

Switch to DDS and save

Still paying your membership dues by cheque or credit card? Here's why switching to DDS is by far the best way to maintain your membership with Federal Retirees:

- Receive three free months of membership simply by making the switch.
- It's quick, easy and can be done online or over the phone when renewing.
- With no more renewal notices, the Association economizes by saving paper and postage fees.

- There's no connection to the Phoenix pay system, so there are no associated complications.
 - Fees are just \$4.90 deducted monthly for single memberships and \$6.37 for a double.
 - You can cancel or change your method of payment at any time.
- For questions or assistance in making the switch, contact our recruitment and member services team at service@federalretirees.ca or toll-free at 1-855-304-4700, ext. 300. They will be pleased to serve you.

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.

To pay by credit card:

Log on to federalretirees.ca

To pay by cheque:

Send cheque payable to National Association of Federal Retirees:

National Association of Federal Retirees
865 Sheppard Rd.
Ottawa, Ont. K1J 1H9

For assistance or to change your payment method to DDS, please do not hesitate to call our membership team toll-free at 1-855-304-4700, ext. 300, or in Ottawa at (613) 745-2559.

2026 membership fees

	YEAR	MONTH
Single	\$58.80	\$4.90
Double	\$76.44	\$6.37

How to sign up?

1. Visit federalretirees.ca and click on "Join us".
2. Call our membership team toll free at 1-855-304-4700, ext. 300, or in Ottawa at (613) 745-2559.

Moving?

Have you moved or changed your email address recently? Email us your updated information to service@federalretirees.ca or call our membership team toll-free at **1-855-304-4700, ext. 300**, or in Ottawa at **(613) 745-2559**.



federalretirees.ca
retraitesfederaux.ca

Refer a member.
Amplify our voice.

WIN a trip of a lifetime!*

Participate in the
Mega Recruitment Drive
Every new member
strengthens our ability
to advocate!

\$25,000
Grand prize trip
Incl.
\$20,000 travel voucher *Courtesy of Collette*
\$5,000 cash prize *Courtesy of belairdirect*

How to enter the **Mega Recruitment Drive**

Help someone discover the value of membership.
For every new member you refer, you'll both earn a ballot.

Visit federalretirees.ca/mrd to find out how.

Contact us at service@federalretirees.ca or 1-844-598-9498.

Contest opens September 3, 2026, and ends on November 27, 2026. There are a total of 5 prizes available to be won. Open to legal Canadian residents who are current members of the National Association of Federal Retirees in good standing and who are age of majority in the province or territory of residence at time of entry. Odds of winning depend on the number of eligible entries received before contest closes. Math skills-testing question required. There are no limits to the number of ballots you can receive! Visit federalretirees.ca/mrd for full rules and entry details.

*All successful referrals must be eligible for membership and qualified by Federal Retirees' recruitment and member services team.

Early-bird draw Oct. 31, 2026

**WIN a \$1,000
pre-paid credit card**

Courtesy of IRIS Advantage



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Soak up the exclusive savings.

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1 833 583.3301 to get your price.

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