

BRANCH REPORT

QC58 | Montreal

CONTACT US

1940 Henri-Bourassa
Blvd. East , Office 300
Montreal (Quebec)
H2B 1S1
(514)381-8824

Email address:

info@anrfmontreal.ca

website:

www.anrfmontreal.ca

Facebook:

<https://www.facebook.com/retraitesfederauxmtl/>

UPCOMING EVENTS

Annual General Meeting (AGM)

April 9, 2024 at 10h

Complete and return the reply coupon on page 4 of this bulletin.

RSVP before

March 26, 2024

Conference

Please keep an eye on your Email. We plan several conferences during 2024.

President's message

It is with great enthusiasm that I'm sending you this message after nine very active years with the National Board of Directors. It is with a sense of honour and renewed commitment that I once again accept the responsibility of chairing this renowned branch within the Association.



The nine years I spent on the National Board of Directors have broadened my experience to better serve our members. I am even more motivated and look forward to putting into practice the ideas and perspectives I acquired in order to strengthen our branch at all levels. Together, we can have a significant impact while continuing the development of our branch.

As indicated on the following page, our next Annual General Meeting will take place in Laval on 9 April 2024. We want to have an active presence in the various sectors of the large territory of the Montreal branch. On behalf of the entire team, I invite you to attend in large numbers. As well, we are looking for volunteers to fill positions on the branch's Board of Directors, particularly to contribute to our expertise on two committees: communications and advocacy, which deals with issues such as health and long-term care.

I would especially like to thank the members of the Board of Directors Micheline Jolicoeur, Vice-President, Pierrette Gourde, Treasurer, Mireille Potvin, Secretary as well as Jules Arbour, Guy Bouchard, Sylvie d'Alcantara, Christian d'Aragon, Camille de Varennes, Angela Giacomo, Yorgo Yumukoglu as administrators and our two assistants France Ouimet and Yvonne Lauzon, not to mention our precious volunteers. Your contribution is undeniable. I would also like to thank you, dear members, for the trust you have placed in me. We have an exciting time ahead of us of collaboration, growth and accomplishment.

Sincerely,

Jacques Lambert

Branch President

BANNIÈRE DE PARTENAIRE

Annual General Meeting (AGM) Tuesday, April 9, 2024 at 10 a.m.

Location: **Hotel Holiday Inn Laval**, 2900 Boul. Le Carrefour, Laval, Quebec H7T 2K9 - Tél : 450.682.6138 | Toll Free: 1.888.333.3140

The Board of Directors of NAFR Montreal is calling all members to the next Annual General Meeting to be held on Tuesday, April 9, 2024 at 10 a.m. at the Holiday Inn in Laval. Several important topics are on the agenda, such as: **Financial statements for the year 2023, the budget estimates for the year 2024. Not to mention the elections to fill six (6) positions on the Board of Directors.** We look forward to seeing many of you for the board elections and to exchange with you.

Do you know any federal public service employees who have not yet joined our association? Whether they are retirees or soon-to-be retirees, they are welcome to attend our AGM. Invite them to attend and hopefully they'll join our association!

Registered participants will receive the documentation by email in advance. Please note that paper copies will also be available for those who do not have an email address. For further information, please do not hesitate to contact our administrative assistants, France or Yvonne at 514-381-8824.

For payment by credit card, please visit our website at www.anrfmontreal.ca, click on the « **Events Registration** », select Annual General Meeting, April 9, 2024 and follow instructions.

For payment by cheque, *please refer to the reply-coupon on page 4.*

We ask that you arrive at **9:45 a.m.** so that we can begin at 10 a.m.

Members of the Board of Directors

Our conferences

- **March 18, 2024** - Holiday Inn Laval: Me Line D'Aragon, notary and legal advisor for more than 25 years, will discuss several topics such as: Protection mandate, homologation of the mandate and opening of protective supervision
- **March 28, 2024** - Lunch at the Constantin Sugar Shack, Arthur-Sauvé Blvd., Saint-Eustache
- **May 16, 2024** - Holiday Inn Laval: Diane Lauzon, psychologist and head of the Alzheimer's Society in Laval, offers professional services. She will discuss several topics such as: Demystifying the disease and other neurocognitive disorders, the human approach at the heart of support, acting to reduce risk, etc.

Keep an eye on your emails, our website www.anrfmontreal.ca and our Facebook <https://www.facebook.com/retraitesfederauxmtl> for more details.

We look forward to seeing you or seeing you again, whether in person or virtually!

Angela Giacomo

Recruitment, Member Retention

Would you like to join a team of volunteers committed to the priorities of our Association? Would you like to put your skills and experience to work for Federal Retirees – Montreal Branch ? We need you.

We are looking for directors for our Board of Directors and volunteers for our working committees.

Here are the main skills we are currently looking for:

- Speaking, writing and publication management skills
- Ability to analyse and identify issues and strategies
- Interest in working as part of a team

We attach particular importance to the training and supervision of our volunteers through activities that promote their integration.

Federal Retirees - Montreal Chapter needs the contribution and skills of its members to carry out its advocacy mission. Don't miss this opportunity to get involved. Contact us, we will be happy to chat with you.

Micheline Jolicoeur

Advocacy / Outreach 338

A national network of volunteers was established a few years ago with the goal of improving the quality and security of retirement for our members. We call this network "Outreach 338" to ensure that our advocacy work reaches all 338 federal ridings.

We have begun our efforts to meet with the members of our Montreal branch and some of them have been contacted. The purpose of the discussions with MPs is to present the priorities of our association and to discuss the needs of our members. The four (4) priorities are:

- Canada's National Seniors Strategy
- Enhanced Retirement Income Security
- Increased support for the well-being of Veterans and their families
- Health Care Insurance

We are more committed than ever to you, dear members, and continue to defend your interests tirelessly.

Sylvie d'Alcantara

REPLY COUPON: AGM – TUESDAY, APRIL 9, 2024 at 10 a.m.

AGM Location: Holiday Inn Laval, 2900 Boul. Le Carrefour, Laval, Quebec, H7T 2K9

For payment by credit card, please visit our website at www.anrfmontreal.ca, click on the "Events Registration", select Annual General Meeting, April 9, 2024 and follow the instructions.

For payment by cheque, please fill in and return the reply-coupon below along with your cheque to: **National Association of Federal Retirees, 1940 Henri-Bourassa Boulevard East, Suite 300, Montreal, QC H2B 1S1, no later than March 26, 2024**

- *The meal, which costs are mostly covered by your association, is strictly reserved to members attending the Annual General Meeting*
- *We do not accept post-dated cheques*
- *No refund after March 26, 2024*

« Hot buffet »

- * Soup of the day, * Caesar salads, garden greens, balsamic vinaigrette
- * Cheese platters, charcuterie, mishmash of vegetables
- * Chicken with fine herbs of Provence, * Baked farfalle pasta,
- * One of the following side dishes of your choice: Roasted potato with garlic & rosemary OR rice
- * Assortment of desserts and fresh fruit, * Coffee, tea, herbal tea and soft drink



Name of member: _____ Membership no.: _____

Name of spouse: _____ He or She is a member? Yes ___ No ___

Check included: 25\$ 1 member **or** 50\$ 2 members

non-member retiree: 25\$

Please confirm your address: _____

Phone number: _____ **Email:** _____

PLEASE NOTE THAT NO TABLE NUMBER WILL BE ASSIGNED