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Message of President Jacques Lambert

Dear members,
It is with great pleasure and pride that we present this first edition of our newsletter. We hope you enjoy it and that you will find meaningful and useful information to satisfy your curiosity and better enjoy your retirement.

Your feedback and suggestions to improve this project are more than welcome. Together, let's continue to build a strong, supportive and informed community of retirees. We invite you to take an active part in the life of your branch and share your ideas with us to enrich this new platform.

Enjoy your reading!



Communications Committee, Serge Wong, Administrator

On behalf of the members of the Communications Committee of the Montreal Branch (CCMB), I welcome you to the newsletter of the Montreal branch. The goal of this newsletter is to bring you the latest news about our activities and to get your comments or questions to better inform and support you.

The format is simple so that you can find information quickly when you need it. Become a volunteer and help us make our association closer to you by filling

out the survey available with each edition of the newsletter. The newsletter is intended to encourage participation. **Looking forward to reading your**

comments soon! info@anrfmontreal.ca

ATTENTION: Help us find a name for our new newsletter and get a chance to win a free Christmas dinner during our next Christmas meal on December 11th. Please send us your suggestions at info@anrfmontreal.ca **no later than October 31, 2024**





Activities Committee, Angela Giacomo and Pierrette Gourde, Administrators



Upcoming conferences:

- **9 October 2024** – Videoconference with journalist Gabrielle Anctil on “Artificial intelligence and the issues for seniors.”
- **Date to be announced** – Preventing fraud, abuse, bullying and falls - Sophie Duchesneau.
- Watch your emails, visit our website (www.anrfmontreal.ca) and our Facebook page (<https://www.facebook.com/retraitesfederauxmtl/>) for more details.

Past conferences and activities:

Click on the links below to read about the content of each:

- **6 February 2024** [Managing your finances in retirement: RRSP, RRIF, OAS, GIS \(In French\)](#)
- **18 March 2024** [Protection mandate, homologation of mandate and opening a protection plan \(In French\)](#)
- **28 March 2024** Dinner at the Constantin Sugar Shack
- **21 May 2024** [Consent to care: Why should we care? \(In French\)](#)
- **11 June 2024** [Understanding online fraud to protect yourself](#), watching the [videoconference \(In French\)](#)
- **18 Sept. 2024** [How to reduce the risk of the Alzheimer’s disease?](#)



Advocacy / Reach 338, Sylvie d'Alcantara, Administrator

Let me introduce you to this year's Advocacy Committee members: Jacques Lambert, Micheline Jolicoeur, Guy Bouchard, Anita Miner and myself, Sylvie d'Alcantara.

To date, we have met with two federal MPs from our territory - Mr. Alexandre Boulerice (NDP) and Mr. Jean-Denis Garon (Bloc Québécois) - to discuss pharmacare, the national senior's strategy and improved retirement income security. A meeting with a third MP, Mr. Emmanuel Dubourg, to discuss priorities for veterans, is being set up.

The Branch also participated in a national consultation of the Canadian Medical Association on health policy. This association focuses primarily on health policy, on vital issues such as access, equity, quality and system capacity. Our goals are to maintain ongoing collaboration, to share information and ensure follow-up. Advocacy remains a priority for federal retirees.



Recruitment of Volunteers, Micheline Jolicoeur, Vice-president

The National Association of Federal Retirees is the largest national advocacy organization for active and retired members of the federal public service, the Canadian Armed Forces, the Royal Canadian Mounted Police, retired federally appointed judges, as well as their partners and survivors.

Federal Retirees is proud of its 56-year history of advocating on behalf of its more than 170,000 members.

With our volunteers and members from coast to coast to coast, we continue our tradition of advocacy campaigns that protect our members' hard-earned pensions and benefits and support sound policies that improve the lives of all Canadians in retirement.



Volunteer Corner

A bilingual volunteer is needed for posts and updates to our Facebook page

Your task will be to:

- ❖ **Regularly update** our page with relevant and engaging content.
 - ❖ **Create and publish** messages to inform and raise awareness among our members.
 - ❖ **Interact** with our members, answer their questions and comments.
 - ❖ **Collaborate** with our team of local (and national, when required) administrators to share the latest news and events.
- ❖ **Work involved:** Approximately one day or two of work per month.

We also always need volunteers for various activities such as the Christmas dinner, the sugar shack, in-person conferences, etc. Please submit your application by sending an email to us at info@anrfmontreal.ca



Partnerships, Christian d'Aragon, Administrator



RELOCATION SERVICES GROUP
PROFESSIONAL. PERSONAL. REAL ESTATE & MOVING.

I am pleased to present one of our many preferred partners, the Relocation Services Group.

Relocation Services Group (RSG), created in 2003, offers moving and real estate services specifically for federal retirees.

In terms of real estate, RSG connects its clients with qualified local professionals and offers a cash rebate on real estate commissions. For example, for a home sold for \$400,000, the rebate can be up to \$1,240.

For moving services, RSG provides full support, with a single point of contact to coordinate the entire process, ensuring reliable and efficient service. Prices are guaranteed within 10%, and assistance is available throughout the move. To learn much more about this partnership, please click on the following link: [Welcome to Federal Retirees - RSG Relocation Group](#).



Christmas Lunch – Wednesday, 11 December 2024

You are invited to a Christmas luncheon at the **Plaza Universel's** reception hall **Sherbrooke/Viau**, 5000 Sherbrooke St. East, Montreal, H1V 1A1.

The meal will be served at 12:00 and we ask that you **arrive for 11:30 AM**.

The cost is **50\$ for members, members' spouses and potential members**. Tables will be set for 8 people. **This is a great opportunity to invite an already retired or soon-to-retire colleague and invite them to join Federal Retirees**. Registration for this activity is required. **If you wish to be seated with a particular member, you must let us know in advance**. The hall can hold a maximum of **150 people**.

Please note that your **meal voucher with your table number** will be available at the door.

MENU – CHRISTMAS LUNCH INCLUDES TWO BOTTLES OF WINE PER TABLE

Cocktail:	Hot and cold appetizers, non-alcoholic punch
Soup:	Minestrone soup
Salad:	Green salad
Main course # 1:	Chicken parmesan with pasta in rosé sauce OR
Main course # 2:	Grilled salmon in lemon sauce with rice and seasonal vegetables
Dessert:	Christmas dessert
Beverages:	Coffee, tea, water, soft drinks

You can register at our website www.anrfmontreal.ca or by clicking the link: [Event registration](#) and paying with **your credit card**. You can also call 514-381-8824 or complete and return the reply coupon with your cheque no later than **November 19, 2024** to NAFR – Montreal Branch, 1940 Henri-Bourassa Blvd. East, Suite 300, Montreal, QC H2B 1S1.

Cheques postdated after November 19, 2024, will be REFUSED and NO REFUND will be given after this date. We appreciate your understanding.



Print and ✂ and send it by mail at 300-1940 Henri-Bourassa east, Montreal, H2B 1S1

Name of member: _____ Membership number: _____

Name of spouse: _____ Member: Yes ___ No ___

Telephone: _____ Email: _____

Enclosed is a cheque for: \$50 __ (1 member) or \$100 __ (2 members) or \$50 __ (1 potential member).

If you prefer **fish** as a main course, please indicate: 1 __, 2 __, or 3 __ people.

Please let us know if you have any allergies

I WISH TO BE SEATED WITH:

Name of member	Membership number	Please tick if fish requested
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

We value your opinion

Your participation in this survey is essential to us, so please click on the link below or copy and paste the link in your browser to answer the mini survey which will take only a minute of your time.

[What did you think of the content of this newsletter?](#) Please reply by 14 October 2024.

If you have any questions or comments, you can write to us at info@anrfmontreal.ca or contact us at (514) 381-8824.

***We invite you to visit the website and Facebook page
of the Montreal Branch by clicking on these links:***

www.anrfmontreal.ca

[FACEBOOK](#)

