

# Newsletter



## Message from the president, Jacques Lambert

Dear members,

Our upcoming Annual General Meeting (AGM), which will be held for the first time in hybrid mode on 8 April 2025, is a key moment for our Branch. This innovative formula, combining in-person and virtual participation, will allow more members to join us, wherever they are. It is the ideal opportunity to make your voice heard and participate in our collective decisions.

Our Branch continues to evolve in a context of sustained change. With a new government coming into place soon, we must remain vigilant to address program revisions that could have an impact on federal retirees. Our ability to adapt and our collective commitment will be essential to defending your interests.

The success of our actions depends on your involvement and support. Whether through your participation in our events, your responses to surveys, or your volunteer commitment, each contribution strengthens our ability to act.

Thank you for being part of an engaged and supportive community.



## Communications, Serge Wong, Administrator and Editor

We are pleased to offer you our newsletter which brings you news on our past and upcoming activities and conferences. Among future activities are our sugar shack on March 27 and the Annual General Meeting (AGM) on April 8.

Our newsletter also pays tribute to one of our great volunteers Jules Arbour, who sat on the Board of Directors for over 10 years and has decided to retire.

A calendar of conferences and activities for the beginning of the year is included. The rest of the year will be covered by another calendar in your next newsletter. Thank you for your interest in participating.

We are looking for volunteers who can write short articles on our conferences/activities to be published in our newsletter. The mandate is very simple: you have to participate in the said conference/activity, write an article on it, and submit it in time for the next newsletter. "Journalists for a day" must come from one of the 5 regions of our Montreal Branch: Island of Montreal, Laval, Laurentians, Montérégie or Lanaudière.

Please send your contact information to [info@anrfmontreal.ca](mailto:info@anrfmontreal.ca) OR fill out the [Volunteer registration form](#)

To have your spouse or friends become members, click on: [Membership](#)

## Conferences & Activities, Angela Giacomo et Pierrette Gourde, Administrators

Keep an eye on your emails or follow us on:



Participate in stimulating activities to share good times with members.



Click on the links below to see or review the content of past and future conferences

CONFERENCES AND ACTIVITIES CALENDAR					
NAFR MONTREAL	Tuesday 2025-02-25	Tuesday 2025-03-11	Thursday 2025-03-27	Tuesday 2025-04-08	Wednesday 2025-05-14
Conferences & Activities	<a href="#">Tradex, partenaire financier (In French)</a>	Fraud among Seniors (In French)	<a href="#">Sugar Shack</a>	Annual General Meeting (Hybrid mode)	La Traversée – A Story of Love, Stroke and Caregiving (In French)
Name of Speakers & Partners	Luc Bisailon Financial planner	Sophie Duchesneau	N/A	Ass. Belair, Johnson, Medoc, etc.	Julie Desroches & Simon Parisien
Schedule	14:00 to 15:30	13:30 to 15:00	10:30 to 14:00	10:00 to 15:00	10:30 to 12:00
Invitation by email	Yes	Yes	Website & Facebook	Yes	Yes
Coordinator	Guy Bouchard	Angela Giacomo	Angela Giacomo & Club ONF	EC	Pierrette Gourde & Club ONF
Journalists for a day	To be confirmed	To be confirmed	To be confirmed	To be confirmed	To be confirmed
Registration necessary	Yes	Yes	Yes	Yes	Yes
Location	ZOOM	Hôtel Royal Versailles, 7200, Sherbrooke East, Mtl (métro Radisson)	<a href="#">Constantin Sugar Shack St-Eustache</a>	<a href="#">ZOOM</a> and Centre St-Pierre, 1212 rue Panet, Montreal (Métro Beaudry)	Hôtel Royal Versailles, 7200 Sherbrooke East, Montreal (Métro Radisson)
Costs	Free of charge	Free of charge	\$32.50	\$30.00	Free of charge
Parking	N/A	Free of charge	Included	Free of charge	Free of charge
Registration on the Montreal Website. For information contact: <a href="mailto:info@anrfmontreal.ca">info@anrfmontreal.ca</a>					

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## Upcoming conferences and activities



Annual General Meeting (AGM)

**Tuesday, 8 April 2025**

**Zoom registration only**

**[In-person registration has ended](#)**

**Register here**

In-person conference – La Traversée --  
A Story of Love, Stroke and Caregiving

**Wednesday, 14 May 2025**

**To know more**

## Advocacy, Sylvie d'Alcantara, Administrator



In 2024, after contacting all 44 elected officials, we met with four Bloc Québécois MPs to discuss our three priorities: maintaining pension plans, strengthening health care and ensuring equitable access to medication.

These meetings took place with:

- Jean-Denis Garon (19 February 2024)
- Louise Chabot (5 December 2024)
- Claude DeBellefeuille (19 December 2024)
- Louis-Philippe Sauvé (6 February 2025)

Reports on these meetings are available on [Facebook](#) and on our [website](#).

### **Next steps:**

We will identify points of interest and formulate questions for upcoming meetings with candidates in the general elections. An action plan will be developed after March 9, as part of a new national strategy being prepared for 2025.

### **Partnerships & Programs**

We met with [AIDEXPRESS](#), a company specializing in home care in Quebec. A partnership agreement could be concluded by the end of March.

Furthermore, our Branch has decided to participate in the New Horizons for Seniors Program (NHSP) which supports projects aimed at seniors. To learn more, click on this link [NHSP](#)

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## Volunteer recruitment, Micheline Jolicoeur, vice-president

### **JOURNALIST FOR A DAY:**

We are looking for people interested in taking on the role of “Journalist for a Day”. This new concept refers to a person who takes on the role of a journalist for a limited time by publishing an article reporting on activities to all members of our Branch.

Journalist for a Day tasks:

- Write an article about the conference or activity. A Journalist for a Day is needed for the following conferences/activities:
  - 8 April 2025 Annual General Meeting (AGM)
  - 14 May 2025 Conference “La Traversée – A Story of Love, Stroke and Caregiving.
- Take photographs or make videos to accompany the article (if possible).
- Review the article with the Communications Committee.
- Respect the deadlines for the submission of the article.



To indicate your interest, please complete the form **[Volunteer registration form](#)** and we’ll get in touch with you.

### **DIRECTOR CANDIDACY – MONTREAL BRANCH**

Are you interested in joining our Board of Directors (BoD) and getting involved in the smooth running of our association?

Did you know that you can express your interest throughout the year and even join our Board if a Director position becomes vacant?

This year, the deadline for submitting applications is March 1. Elections will take place on April 8, the date of our Annual General Meeting (AGM). You can still contact us after this date, and if a position is vacant at that time, you could become a Director.

It would be a pleasure to meet with you to chat, to explain how we operate, and to respond to your questions. Following this meeting and, if applicable, your application would be submitted as a recommendation to the Directors, and you could join the Board. As for your election, it would be held at the next AGM when your appointment would be ratified by all the members of the Montreal Branch.

Think about it! We invite you to contact us directly by email at [info@anrfmontreal.ca](mailto:info@anrfmontreal.ca), by telephone at 514-381-8824, or by completing this form: [Application Form](#).

See Appendix C of the Montreal Branch by-laws, concerning the roles and responsibilities of Board members and the qualifications required of Directors. [Roles and responsibilities](#) (**Document in French only**)

Thank you for your attention and the interest you show in our association.

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## Recruitment and retention of members & Partnerships

Guy Bouchard et Jules Arbour, Administrators



TRADEX, a non-profit corporation, has been a loyal financial partner with our national association for over ten years. On February 26, TRADEX representatives hosted a two-hour videoconference in front of over 260 members and gave access to their presentation to our 12,000 members on our website. Several topics were presented, covering the different pensions we receive upon retirement, mutual

funds, and other types of quality, low-cost investments. Members sent us several questions and the answers will be sent to them soon. A big thank you to everyone for participating in the videoconference on managing your finances in retirement. We are very happy that you enjoyed it. Other financial sessions will be planned later. If you would like to access the documentation, or the presentation of the financial conference, click here [Fiscal and Financial Planning Conference – National Association of Federal Retirees](#)

## Testimony of a transition to retirement, Mario Scott



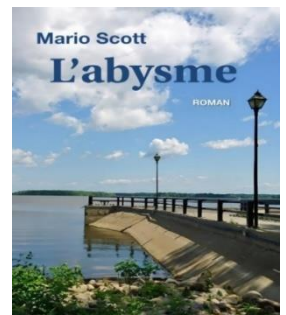
### Echo of a retirement

When I retired from the Revenue Agency, my projects consisted of intellectual, artistic, sports and social activities. I had heard retirees say that they were short of time. I found that paradoxical. Today, I understand them because I haven't accomplished everything I set out to do after almost ten years.

I do photography, I paint with pastels, I study computer graphics, I travel a little: I learn Portuguese, I like genealogy. I like cycling, hiking and snowshoeing. I created and managed Facebook pages, I shared my ideas on Boards of Directors. I was a columnist, I love to write. I had time to study philosophy online at Laval University. Unfortunately, I neglected a stained glass window and I didn't have time to take guitar lessons or write songs: my Godin guitar, bought when I retired, is still sleeping in my living room.

Being happy is loving what you do and being grateful for what you have. Some retirees only have one activity, but they give it their all with pleasure. It's about listening to your heart. We all have a latent passion to exploit, a hidden talent to express. Using our skills for the benefit of others by sharing our knowledge is also rewarding and enriching.

Organizations like the Montreal chapter of the NAFR are always looking for volunteers. Visit [marioscott.com](http://marioscott.com) to see some of my work, my poetry collection, and information about my novel, among other things.



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## Tribute to our volunteers Angela, Administrator

### Volunteer – Mr. Jules Arbour



The Montreal Branch would like to highlight the remarkable commitment of Jules Arbour, who has devoted his time and energy to serving the community for 50 years, such as with the air cadets or the school board.

His dedication to schoolchildren, seniors and other social causes, such as Meals on Wheels, makes him a model of altruism and generosity.

For 25 years, he has also been a pillar of our National Association, offering his expertise and unwavering support to our members.

As President of the Cornwall Branch, and then as an administrator of the Montreal Branch, his commitment is very inspiring. He clearly demonstrates the importance of volunteering to society. We extend our deepest gratitude to him for his exceptional career and his inestimable impact. Thank you, Jules!



## A moment to be shared



We would like to thank the Montreal Branch for the excellent choice of the first prize that my spouse, Robert Lupien, won at the federal retirees' dinner last December. Yesterday, we had the pleasure of attending the magnificent performance of Charles Richard Hamelin and Andrew Wan, accompanied by the Montreal Symphony Orchestra.

It was a magical moment, filled with emotions and enchanting music. We will cherish this experience.

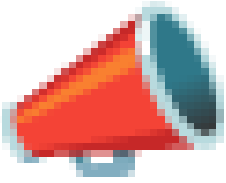
**Suzanne Meilleur & Robert Lupien**

## L'Association Québécoise pour le Droit de Mourir dans la Dignité (AQDMD)

This videoconference, offered by the Outaouais Branch on March 11, was presented by Dr. Georges L'Espérance, neurosurgeon, **Medical Assistance in Dying (MAID)** practitioner and president of the **Association Québécoise pour le Droit de Mourir dans la Dignité (AQDMD)**. If you missed it, you could watch it by clicking on the link below. You will also find the PDF document of Dr. L'Espérance's presentation.



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## Take part in our survey!

Your participation is valuable and your opinion counts! Tell us what you would like to read in our next editions by clicking on the button below:



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



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