

NEWSLETTER

NAFR Quebec Branch

Newsletter Vol 5 # 4 May 15th, 2018

A word from the president



Dear Members and friends,

Those of you who attended our April 13th Annual General Meeting will recall that among the highlights of the year, under the theme of collaboration with NAFR Head Office, I mentioned that we had tabled a Memorandum to the head office on a draft amendment to Article 5.5 of the National Preferred Partnership Regulation.

In our view, this amendment added many conditions to a branch like ours that uses the local partnership to enhance the value of NAFR membership. Despite our recommendations joined by all branches of Quebec and other branches, the National Board of Directors (CNA) made the amendment.

As this amendment must be ratified by the general assembly of all members of the country next June to continue to be valid, we added to our comments those of some members issued at our general meeting of April 13th. On May 4th, the National President Soulière invited us to a video conference to discuss the amendment with the members of the national board from Quebec and the Director General, Me Coakeley. I was accompanied by our vice-presidents, MMr. Bouchard and Boisseau, as well as Mr. Claude Havard, our external auditor, and Mrs. Micheline Lefrançois, communications director. After several exchanges, Mr. Soulière concluded that he would withdraw the request for ratification of the amendment, and that he would undertake consultations.



Meeting of Presidents of Quebec Branches - Sherbrooke, April 25th-26th, 2018. Photo taken by M. Lefrançois

Last April 25th and 26th, there was a meeting of the Presidents of the Quebec Branches. The Eastern Township region hosted this meeting which is held twice a year on the territory of the various branches. Remember that there are 6 branches of NAFR in Quebec: Montreal, Outaouais, Mauricie, Eastern Townships, Haute-Yamaska and Quebec City. These 6 branches represent approximately 33,500 members, which equates to approximately 20% of all members in Canada.

These meetings allow us to share our work plans, our respective priorities and share our best practices. Currently, in synchronism with national priorities, the focus is on recruitment and retention of members, recognition of volunteers, partners. Communications is also an important

issue for all branches; they want to reach their members and all federal retirees in their territory in the most effective way through their assemblies, social media and the media.

The search for volunteers is of interest to all, and a major challenge. How to attract our volunteers, to interest them in our cause and especially to keep them.

This meeting allowed us to discuss the topics on the agenda of the Annual National Members' Meeting to be held in Gatineau in June. All provinces will be represented. It often happens that at this June National Assembly we discuss the issues of our branches and propose overall improvements. Unity is strength!

We will keep you informed of the outcome of our June Annual Membership Meeting.

Finally, the Communications Committee presents you once again with a newsletter that is rich in information and images. Interesting articles for all tastes, including that of Mr. Jacques Lambert, national director and good contributor of our newsletter. Do not miss the article "Living and Aging Together - At Home in Your Community in Quebec." A subject of interest that concerns us all!

I wish you a very wonderful spring!

Jean-Marc Demers, president



**In addition to the President's message,
here is the list of topics covered in this newsletter:**

- Politics "Living and Aging Together - At Home in Your Community in Quebec" by Jacques Lambert
- Recruitment and involvement by Serge Boisseau
- Information capsule - Capsule on FUNERAL PREPARATIONS by Nicole Laveau
- Social activities of the Branch
 - Quebec lunches
- Report of the Bas-Saint-Laurent-Gaspésie sub-branch, Michel Rancourt
 - Out-of-date drugs, our health and the environment by Viateur Beaulieu
 - Lunch of the sub-branch
- Report of the Saguenay-Lac-Saint-Jean sub-branch, Colette Bouchard
 - Reminder - Annual Meeting of May 17, 2018 - Notice of Meeting and Agenda
 - Lunch of the sub-branch

Policy "Living and Aging Together - At Home in Your Community in Quebec"

by Jacques Lambert

The G-15 is a group of associations and organizations composed of seniors and retirees, as well as organizations providing services to seniors, whose mission is to use its expertise and experience to raise awareness on the specific issues related to the well-being of seniors and retirees. All of the G-15 meetings are held in Quebec City.



As part of the deliberations of the last meetings, the G-15 members have chosen, as a priority, a topical issue that is keeping seniors in the community. This approach has the merit of being more inclusive than simply discussing the maintenance of seniors at home as it brings together a broader range of measures, from all communities, associations, groups and many local, regional and national government partners at all levels.

The members of the consultative table G-15 have asked our representative from the National Association of Federal Retirees, Mr. Jacques Lambert, to write an opinion on the policy "Aging and Living Together - At Home, in your community in Quebec» with the intent to send it to the Minister Responsible for Seniors, Ms. Francine Charbonneau. The G-15 members were satisfied with the document that was written and a copy was sent to Ms. Charbonneau and to the Minister of Health, Mr. Gaétan Barrette for his information. In the correspondence sent to Ms. Charbonneau, she was invited to meet with the G-15 members at a future meeting to discuss its content.

This policy sets out in its orientations, in its strategic choices and in its actions, three main priorities, namely:

- I. Support participation in the community;
- II. Live healthy in your community;
- III. Create healthy, safe and welcoming environments in the community.

A copy of the opinion concerning the policy "Living and Aging Together - At Home in Your Community in Quebec" will be posted on the branch's website at [the following address](#) (in French)

The document is available in French only. Considering the current electoral climate, as soon as I hear about this meeting, I will keep you informed.

Jacques Lambert
National Director – NAFR

RECRUITMENT AND INVOLVEMENT

by Serge Boisseau, 2nd Vice-President

As discussed between us at our last AGM on April 13th, "I RECRUIT, I INVOLVE MYSELF" is making some inroads.



The following is an update of the evolution of the situation since that date as well as a common sensitization for all of us to participate in the achievement of our ultimate objective which is the following:

Significantly increase the number of Quebec City (QC-57) members by contacting as many retired and non-retired federal employees as possible.

First of all, remember the NAFRs' mission, which is:

"Increase the quality and safety of members' retirement income and the provision of medical and dental services."

Advocacy is a must.

As a result of the recent membership survey conducted by our Communications Committee, the results allowed us to identify members' motivation:

- . 47% of members are for advocacy.
- . 43% of members are for Preferred Partners
- . 10% of members are for social activities.

Based on the foregoing, the 2018 Recruitment Committee anticipates the following actions to achieve our ultimate objective as outlined above while taking into account the survey results:

- continue to work with the national on a joint recruitment project.
- continue to participate in the largest number of pre-retirement courses offered in our territory.
- meet the largest number of retirees' social clubs from different federal departments in our territory.
- develop the civil component on the Valcartier and Bagotville bases, which includes a large number of federal civilian employees.
- become actively involved in the National Public Service Week to be held June 10-16, 2018.
- use more often the kiosk formula at major events involving a large number of federal employees.

- continue to recruit members interested in participating in our committee - RECRUITMENT so that we can respond positively to the numerous requests for promotion and recruitment interventions.
- continue to develop our internal networking for the Saguenay and Bas St Laurent's sub-branches, as well as the Québec area.
- continue to develop our external networking such as:
 - national office
 - partnership
 - consultant
 - preretirement course

This is what your recruiting committee does for you and for all members of our large federal family.

In 2017, many federal employees we met at all levels knew little or nothing about NAFR.

In 2018, we are known and recognized; our participation is requested in different activities, training and recruitment. It is always a pleasure for us to present our activities.

Thanks to the volunteer work of some of our members, we have managed to prepare a good information kit, which we distribute during our meetings and which remain an essential point of reference.

These information kits are then circulated within the various participating departments to allow the greatest number of employees to become acquainted with them and to become aware of NAFR.

This concludes our chronicle. Next month, we'll talk about the "I'M INVOLVED" part, the second part of this equation, which concerns you more specifically.

Serge Boisseau
2nd VP
NAFR-Quebec Branch

Information capsules

by Nicole Laveau, Administrator

Capsule on Prearranged funeral services

What a taboo subject it is to speak of funeral pre-arrangements!
But it will not kill you sooner, I assure you.

What are the benefits of doing it?

- Set the details of funeral services in advance according to one's wishes



- Pay the current price for a service that will be returned later, even if it runs for several years, without additional cost
- Deposits of 90% of the sums in trust, so these sums are protected in case of closure or bankruptcy of the seller.

It is always possible to modify or cancel the contract (see conditions in the contract).

What does the Funeral Arrangements Agreement include?

- embalming
- the viewing
- the decoration
- transportation
- the coffin or the urn
- ceremony
- cremation
- burial

Before purchasing, do not hesitate to get familiar with the services, to compare the costs, to deal with an authorized seller, to get information about the cancellation policy and inform your relatives about your choices.

For any legal and additional information, do not hesitate to consult the [website of the Office of Consumer Protection](#):

Do not forget to think about buying or sharing a space in a cemetery or columbarium. The maintenance services of this space must be included in the contract. It's a separate contract.

This is not a "legal" text. This is a summary of the main points on this theme.

Social activities of the Branch

by the members of the social activities committee



**Activités sociales
de la Section**
Voir les détails ici!

The Social Activities Committee now has its page on the website. We invite you to check it frequently to find out more about our events. [Follow this link!](#) (in French)

Reminder about the social activities of the Section



Golf Royal Charbourg, in Notre-Dame-des-Laurentides

PLACES AVAILABLE

Every Tuesday with the NAFR group (and their friends are welcome)

The foursomes will be made on the spot according to the number of players.

Season: from mid-April to mid-September

Cost: 41.00\$ per 18-hole game including the cart

- You buy the number of cards according to the number of games you want during the season.
- Cards must be paid in full by cheque or cash.
- Cards are valid until June of the following year.
- Your mandatory participation on Tuesday gives you the right to play Mondays, Wednesdays, Thursdays in AM and PM, Fridays in AM only.

For reservation or information, contact Germain Boivin (418-407-1809) g-boivin@videotron.ca or Gilles Croteau (418-839-8381) paugil@videotron.ca



Invitation to the Summer Theatre of Beaumont St-Michel *

The title of the play: "I PREFER THAT WE REMAIN FRIENDS" (In French) with well-known comedians from our TV shows.

FULL - SORRY, THERE ARE NO MORE PLACES AVAILABLE

Date: Wednesday, June 27th, 2018, at 8 pm.

Group price: 34.00\$ per person for members and 40.00\$ per person for non-members. Payable by cheque in the name to NAFR - Quebec Branch

You must reserve with Gilles Croteau : (418)839-8381 paugi@videotron.ca

Web site: * <http://www.theatrebeaumontstmichel.com/> (In French)



**MUSICAL BRUNCH AT DOMAINE FORGET
AND CASINO IN CHARLEVOIX**

FULL - SORRY, THERE ARE NO MORE PLACES AVAILABLE

Date: Sunday, July 29, 2018

Cost: 79.00\$ per person including bus transportation, lunch buffet at Domaine Forget and dinner at the Casino de Charlevoix

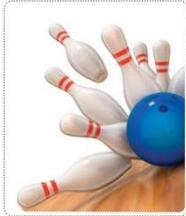
restaurant

Departing in the morning, en route to St-Irénée for the musical brunch (buffet) at Domaine Forget. In the afternoon free time at the Casino and Manoir Richelieu and dinner at the Casino,

and return to Quebec City.

There is a strong demand for this outing - **Limited seats**. Register now with: Jacques Godbout, jacquesfgodout@videotron.ca phone (418)628-6793

Further details at a later date.



**THE BRANCH BOWLING LEAGUE - THE SEASON IS OVER!
CONGRATULATIONS TO ALL PARTICIPANTS!**

Congratulations to Pierre Gagnon's winning team for the 2017-2018 seasons.



See the photo gallery for this event by [following this link](#).

Photos by Lise Lavoie

Pictures of our sugar shack event on April 16th, 2018



Despite the bad weather from Mother Nature about forty people participated in the branch sugar shack event. The participants enjoyed the meal, the atmosphere and the good company. Many thanks to our organizer Gilles Croteau! ML



More pictures and video about [the event here!](#)

Photos by Lise Lavoie

Congratulations to Aline Grenier Ruelland, a member of our Branch, who celebrated her 100th birthday on May 3rd
by *Micheline Lefrançois*

At our Annual Membership Meeting on April 13th, we celebrated Mrs. Ruelland's centennial with a certificate of recognition and a greeting card. All the assembly participants joined us in wishing her their best. There were even participants in the assembly who were colleagues of Mrs. Ruelland (see photo).



As Mrs. Aline could not participate in our meeting, despite her good condition, we made a point of going to her residence to give her a certificate and a box of her favourite chocolates which she appreciated very much.

Mrs. Ruelland is very grateful for this wonderful initiative and thanks us warmly. ML

Photo on the right: Some former members, colleagues of Ms. Ruelland's at Canada Revenue Agency (formerly commonly known as the Department of Taxation).

From left to right: Ms. Monique Morneau Guénette, Ms. Ginette Lachance, Mr. Roch Carrier

Photos by M. Lefrançois



Quebec Branch Breakfast

Our Quebec breakfast is now held on the last Wednesday of the month.

The next breakfast will be held on **Wednesday, May 30th from 8:30AM**, at the [Tomas Tam Restaurant at 325 Marais Street in Quebec City \(Vanier\), G1M 3A2](#) - Phone: 418-527-2211.

Members who participated in the last breakfast greatly appreciated the place, the atmosphere and the draw. A nice place for a meet and greet!

Sub-Branch Bas-Saint-Laurent -Gaspésie

Michel Rancourt, administrator and Branch secretary

I invite you to read the following article by Viateur Beaulieu, our collaborator for our sub-branch.

Thank you very much, Viateur!



Expired drugs, our health and the environment

by Viateur Beaulieu, of the Communication Committee from the Bas-Saint-Laurent-Gaspésie Sub-Branch.

Do we really know what is hidden in our medicine cabinet and drawers?

Over the years, we have probably bought some pills or some prescription drugs that have not been used completely. It is therefore quite possible that some are out of date.

Medications are not effective forever. That's why they all have an expiry date. This date is affixed to a drug by the company that manufactures it to ensure its effectiveness and safety.

If we use them after the expiry date, is it safe?

According to an [article by La Presse](#) (in French), it turns out that the effectiveness of certain drugs is compromised and in some cases dangerous. Bertrand Bolduc, President of the Ordre des pharmaciens, advises taking no risk with any expired medication. Even to treat a headache.

According to [Health Canada](#), households in Quebec and Prince Edward Island are more conscientious about eliminating unused drugs.



In Canada, almost one quarter of households had drugs remaining or expired in 2005. Almost half of these households returned products to a pharmacy or recovery centre, allowing more controlled disposal methods.

Another 39% of households disposed of this waste by throwing it in the garbage, sink or toilets, or burying it. Other households still had them at home at the time of the survey and may not know what to do with them.

In Quebec, most pharmacies offer a return program for expired drugs and used syringes. Here are some tips for [cleaning your pharmacy in 3 steps](#).

Info: [Why and when should I clean my pharmacy regularly?](#)

So, let's return our expired and used products and they will ensure that they are destroyed in a safe and environmentally friendly way. Our health and the environment will only be better off!

Monthly sub-branch breakfast for the Bas-Saint-Laurent-Gaspésie

Take note that the breakfasts in Rivière-du-Loup will pause in June, July and August. Back in September.

Watch for the dates on the branch calendar.

Saguenay-Lac-Saint-Jean Sub-Branch

by Colette Bouchard Administrator

We are looking forward to seeing you at our annual meeting on May 17th. Here is the convocation and the agenda.



NOTICE TO ALL MEMBERS

ANNUAL REGIONAL INFORMATION MEETING SUGAR SECTION SAGUENAY-LAC-SAINT-JEAN CONVOCATION AND AGENDA

DATE: Thursday, May 17th, 2018

LOCATION: [Hôtel La Saguenéenne, 250, rue des Saguenéens, Chicoutimi](#), QC. G7H 3A4
418- 545-8326. SALLE ALSACE

TIME: 9:30h

AGENDA

09:30h - Start of the Assembly

1. Opening of the meeting
2. Adoption of an agenda
3. Reading and adoption of the minutes of the meeting of May 11, 2017
4. President's report
5. Report of the Administrator of the Saguenay-Lac-Saint-Jean Sub-Branch
6. Presentation of the financial statements for 2017
7. Presentation on the recognition program for the territory (QC57)
8. Presentation on recruitment of members
9. Primary discussion: newsletter, regional recruitment and developing the next generation

10. Varia

12:00h dinner

13.00h - Continuation of the meeting

Speaker of Revenu Québec on "Home Care Tax Credits"

15:00h End of the meeting

DOOR PRIZES FROM: JOHNSON INSURANCE AND FORGET GROUP

- **FORGET GROUP will offer free of charge on-site hearing tests.**

Do not forget to invite others retired colleagues or federal pre-retirees!

Monthly sub-branch breakfasts:

Breakfasts - La Baie The first Tuesday of the month at [La Normande, 2761 Mgr Dufour, La Baie](#). Next breakfast will be **June 5th, 2018**, at 09:00.

Breakfasts - Alma - The last Wednesday of the month at the [Coq Rôti, 430 rue Sacré - Cœur Alma](#). Next breakfast will be **May 30th, 2018**, at 09:00.

Breakfasts - Chicoutimi - **Take note** that the sub-branch breakfasts of Chicoutimi will pause in June, July, and August. Back in September.

Watch for the dates on the branch calendar.

It's an excellent occasion to meet everyone.

* Collaboration of Ginette and Len McCoubrey for the revision of the English version and Lise Lavoie, photographer for the branch activities.

Your Communication Committee:



Yves Bouchard



Serge Boisseau



Micheline Lefrançois



Nicole Laveau



Edna Richer



Pierre Marquis



Lise Lavoie



Len McCoubrey



Ginette McCoubrey



Viateur Beaulieu