



The Quebec Branch Report



Jean-Marc Demers
President

Yves Bouchard
1st Vice President
April 2016 - April 2019

Serge Boisseau
2nd Vice President
National Award
Collaboration 2017

Michel Rancourt
Secretary and Director
Bas Saint-Laurent/Gaspésie
April 2016 - April 2019

Gilles Chevalier
Treasurer
Medalist of the Quebec
Lieutenant-Governor 2017

Pierre Landry
Director Finance

Jacques Godbout
Director

Nicole Laveau
Director

Ghislain Lavoie
Director
Saguenay/Lac Saint-Jean

Micheline Lefrançois
Director

Ellen Paquet
Director
April 2016 - April 2019

James D. Nicholson
Advisor

WORD FROM THE PRESIDENT – SUMMER 2019

Dear Members,

We are happy to meet with you during this summer season. The Quebec Branch held its Annual meeting on April 12, 2019. This was the last general meeting for three of our directors; they did not wish to seek reelection: Yves Bouchard, 1st Vice-President, Ellen Paquet, Director and Michel Rancourt, Secretary and Director of the Bas-Saint-Laurent-Gaspésie Sub-Branch. You may read below their kind words concerning their personal experience as members of our Branch Board.

I sincerely thank them for their enormous voluntary work for the Branch. They will undoubtedly remain interested in the activities of the Branch and the work of their successors, either in defending our rights and interests in the framework of the Federal election which is just around the corner, or in the many social and cultural activities listed on our website and in our newsletter. For those who do not have internet, you may communicate with our coordinator or ask that your inner circle subscribe to our newsletter at the following: <https://www.anrf-sq.org/>.

May you all have a wonderful summer!
Jean-Marc Demers, President



Yves Bouchard
1st Vice-President
2011-2014 and
2016-2019

Dear members,

It was with regret that I left the Board of directors on April 12th after having been Director, and 1st VP of the Branch for two terms.

During these years, I was happy to be appointed by the president Champion of communication and subsequently Champion of excellence. Communication is the cornerstone of any organization! I've enjoyed working with a team of talented volunteers, perfectionists and dedicated people.

Since its establishment in 1979, NAFR's Quebec Branch has evolved at an accelerated speed. From a hundred members at its inception, our Branch has grown to more than 7000 members. Among these changes, you have a new Website, permanent recruitment of volunteers, recruitment of partners, the drafting of administrative by-laws and communication. These are some examples of the achievements we are all proud of.

With the arrival of new volunteers from the Quebec Human Resources Association, we have set up an enhanced committee of social activities and have developed a multitude of interesting activities for our members. It was a great success! We achieved the same with our monthly breakfasts where it had become difficult to attract a dozen people. The new concept is a great success and participation has climbed!

I was also very pleased to support my colleague Serge Boisseau, 2nd VP of the Branch, on recruiting, retention and recognition. I enjoy introducing our association to future retirees. I like to stress the importance for them of becoming a member of NAFR to defend their rights and interests.

On a personal level, I greatly appreciated my six years on the Board of Directors of the Quebec Branch. I have always felt unwavering support from members and administrators. I found that this supported my involvement as a volunteer. The many mandates entrusted to me were interesting and motivating. All this allowed me to grow and improve as an individual.

I would like to take this opportunity to thank all the members of our Branch, the Board members, my friends and colleagues from the executive, and the presidents of the Quebec Branches for their support and friendship. A special thanks to our Quebec Branch President who cares about the well-being of the members and does a tremendous job.

Yves Bouchard



Ellen Paquet
Board Member
April 2016 to
April 2019

Dear members,

I completed my term last April on the Board of Directors of the Quebec Branch. It is with great regret that I leave my colleagues of the Board. My family obligations are becoming more and more important. However, it is with pleasure that I will continue to be involved as a volunteer for the activities of the Branch. I thank my colleagues on the Board. Long live the Quebec NAFR Branch! May it continue its vital role of defending the rights and interests of retired and future federal retirees.

Ellen Paquet



Michel Rancourt
Secretary/
Board Member
April 2016 to
April 2019

Dear members,

Last April, I completed my 3-year term as representative of the Bas-Saint-Laurent-Gaspésie Sub-Branch and Secretary of the Board of Directors of the Quebec Branch. This experience was very rewarding. I am always proud to be a member of NAFR. I invite my retired colleagues and future federal retirees to join NAFR to better defend our rights. I wish the best to my successor and to the entire Branch team. Looking forward to seeing you again at events in our beautiful region.

Michel Rancourt

REMEMBRANCE DAY - NOVEMBER 2018 QUÉBEC / RIMOUSKI / SAGUENAY-LAC-ST-JEAN

Citizens, dignitaries and soldiers gathered near the cross of Sacrifice on Sunday to attend the 100th anniversary celebrations of the Armistice in Quebec City. On the 11th hour, a minute of silence was observed in respect to the millions of deaths of the First World War.

QUEBEC



The NAFR Quebec Branch was represented by its President Jean-Marc Demers and the 1st Vice-President Yves Bouchard

RIMOUSKI



The Bas-St-Laurent-Gaspésie Sub-Branch was represented by the 2nd Vice-President Serge Boisseau

SAGUENAY-LAC-ST-JEAN



The Saguenay-Lac-St-Jean Sub-Branch was represented by its Director Ghislain Lavoie

BIRON - SLEEP

20% discount offered to members of the Quebec branch of the NAFR on continuous positive airway pressure (CPAP) devices for sleep apnea and other accessories sold by Biron upon presentation of their membership card. This discount also applies to members' immediate family, namely their spouse and dependent children. To take advantage of this discount, the member must accompany their immediate family member, and show their membership card at the time of purchase.

Peace of mind guaranteed:

- A respiratory therapist will help you choose your device and follow through on your therapy.
- Five-year warranty on certain devices.
- Free follow-up appointments.
- Remote monitoring using devices equipped with wireless modems.
- Access to our AML portal, a multi-award-winning interactive solution exclusive to Biron that supports, motivates and educates patients.
- Waiting period for diagnostic tests of a few days versus several months in the public system.
- Reimbursement of associated costs for tests and equipment available through most private or group insurance plans.
- More than 35 sleep care clinics across Quebec.

For more information, visit: <https://www.biron.com/fr/sommeil/>

HARMONIA FUNERAL SERVICES IN COLLABORATION WITH THE QUEBEC BRANCH

The following discounts are available to members of the Québec Branch. Funeral arrangement contract at death. A 10% reduction on selected funeral goods and services with a maximum of \$ 300. Pre-arranged funeral contract. An 8% reduction on selected funeral goods and services with a maximum of \$ 200. This offer also applies to first-degree relatives of the member upon presentation of the NAFR membership card. Website: Harmonia.ca - 1-866-681-9797



VOLUNTEERS IN ACTION WANTED! YOU WISH TO BELONG TO A DYNAMIC TEAM AND HELP MEMBERS OF THE QUEBEC NAFR BRANCH

YOU have public relations experience or you were in public relations?

YOU like writing?

YOU like to do research on internet or on social networks?

YOU know how to operate a Facebook site?

YOU want to facilitate effective flows of information about your interests as a retiree?

YOU have experience in developing and dispensing group information assignments?

YOU have the ability to speak in public?

**THE COMMUNICATION COMMITTEE HAS AN URGENT NEED FOR VOLUNTEERS IN THESE
AREAS OF ACTIVITIES**

Leave your name as a Website volunteer for the Association at :

- Email address : anrf@bellnet.ca

- Telephone number : (418)661-4896; toll free number 1(866)661-4896

Office Summer hours

From June 23rd to September 1st, the office will be open from

13:30 to 16:30 on Wednesdays and Thursdays.

**You can always leave a message on our voice box and we will be more
than happy to return your call.**

CHRISTMAS DINNER - DECEMBER 2018

THE NEXT CHRISTMAS DINNER WILL BE ON DECEMBER 14, 2019

The Quebec Branch's Christmas party last December 15 at the Centre Le Trait Carré – AGAM (Knights of Columbus Hall) was a great success. The meal, the music, the numerous attendance prizes certainly pleased participants. Bravo to all the winners.

Certificates Auberge Baker



Left to right

Denise Angers

*Micheline Lefrançois,
Director*

Laval Gravel

Gift Basket Cidrerie Pedneault



Left to right

Richard Gagnon

*Micheline Lefrançois
Director*

Certificate STROM



Left to right

Laurent Jean

*Serge Boisseau
2nd Vice-President*

Chartwell: Gift Basket



Left to right

*Guyline
Lamontagne*

*Daniel Morin
NAFR President
Montréal Branch*

Certificates Baton Rouge offered by Biron Laboratories



Left to right

*Yves Bouchard
1st Vice-President*

*- Richard Dubois
- Martine Laberge
(absent)*

*Nicole Laveau
Director*

Painting of Pierre Pichette



*Left to right
James Nicholson, Director Quebec
District
Jean-Michel Bernier
Jean-Marc Demers, President*

BAS ST-LAURENT-GASPÉSIE SUB-BRANCH

- **Breakfast Rivière-du-Loup** - The second Wednesday of the month at O'Farfadet restaurant, 298, boul. Thériault at 9:30. There will be no breakfast in July and August. See you in September.

SAGUENAY-LAC ST-JEAN SUB-BRANCH

- **Breakfast - La Baie** – the first Tuesday of the month at La Normande restaurant, 2761, rue Mgr Dufour, La Baie at 9:00 am. There will be no breakfast in July and August. Resumed in September.
- **Breakfast - Alma** – the last Wednesday of the month at Le Coq Rôti restaurant, 430 Sacré-Coeur Street, Alma at 9:00 am. There will be no breakfast in July and August. See you in September.

BREAKFAST – QUEBEC CITY

Our monthly breakfasts are now held on the last Wednesday of the month at the Tomas Tam Restaurant, 325 Marais Street, Quebec at 8:30 a.m., telephone 418-527-2211. Members who participated at the last breakfast appreciated the place, the atmosphere and the draw. A nice place to meet.

OBITUARIES - Our most sincere condolences to the families!

Audet, Gustave - Quebec

Prévost, Raymond - Beaumont

Gaboury, Michel - Quebec

Poulin Larouche, Élise - Quebec

Where to find us
NAFR Quebec Branch

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