

NEWSLETTER

NAFR - Quebec Branch

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VETERANS' WEEK, NOVEMBER 5 TO 11, 2023

Thank you to all our veterans

They fought and sacrificed
for Canada and Canadians.
We remember.



NAFR and Quebec Branch honour the sacrifices of our veterans. This national initiative includes ceremonies, activities and commemorative events from coast to coast.

Thank you to all our volunteers,

who represented the Quebec Branch by laying a wreath on November 11, 2023 at Armistice 2023 ceremonies in several towns across our territory.

IN QUÉBEC



The President, René Grenier and Jean-Marc Demers.





LÉVIS

Serge Boisseau and
Pierre Marquis



DONNACONA

Guy Abel and
Jocelyne Delage,
veteran and NAFR
member



VALCARTIER - Military Base

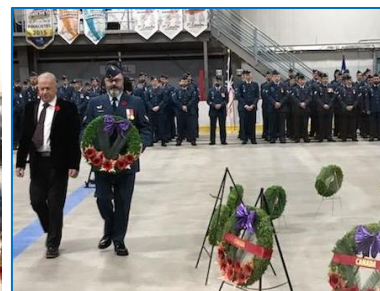


Micheline Lefrancois and
Roland Langevin



BAGOTVILLE – Military Base

Ghislain Lavoie



Église St-Jérôme de MATANE



Sylvie
Harrison and
Sergeant
Clément
Labrie,
Chairman of
the Poppy
Campaign

CASCAPÉDIA

Normand Parent, Chief
Warrant Officer (Retired)



GASPÉ

Raynald Bujold



RIMOUSKI

Bruno Beaulieu



Other wreaths were laid in **ALMA** by **Alain Gauthier**, in **CHICOUTIMI** by **Ghislain Lavoie** and in **ARVIDA** by **Réjean and Jeannine Dubois** for which, unfortunately, we don't have any photos. In a few days, you'll be able to see more photos on our Web page.



A Word from the President

In early October, the National President and Executive Director of the National Association of the Federal Retirees met with Anita Anand, President of the Treasury Board. The Public Service Health Care Plan (PSHCP) was at the top of the agenda, as it is the most pressing issue for many members of the Association. I'd like to thank Edna Richer, our branch office associate, who bridged the gap between members and national office staff to try and resolve as many cases as possible.

The Standing Committee on Finance held pre-budget consultations for the 2024 federal budget in Quebec City on November 13. On behalf of NAFR, accompanied by our 1st Vice-President, Micheline Lefrançois, we presented the Association's eight priorities to the Committee during the open forum, including the protection of seniors' rights; a commitment to long-term care standards and a national strategy; improved health and dental benefit plans for pensioners; and more.

I'd like to thank all the members who came to see us at our booth at the Salon FADOQ 50 ans + Régions de Québec et Chaudière-Appalaches last October. For the Quebec branch, the show was a huge success in terms of attendance and recruitment.

In other good news, our colleague Diane Legros coordinates monthly breakfasts at Délice Resto Lounge, 146 Rte du Président-Kennedy, Lévis, every first Thursday of the month at 10:00 am. This new activity has been eagerly awaited by our members on Quebec's South Shore. The first breakfast on October 5 was a resounding success, with 17 participants. In Quebec City, the breakfasts are still held on the last Wednesday of each month at 08:30 at Restaurant Normandin, 986 rue Bouvier. We look forward to seeing many of you there, not forgetting our Saguenay members who meet in Alma and La Baie.

For all our members, and especially our veterans, Remembrance Day is an important day to remember. For our volunteers, it was not just about wearing the poppy, an enduring symbol of remembrance of those who served or died for their country. Our Branch took part and laid a dozen wreaths throughout our territory, to pay tribute to the sacrifice of soldiers in times of war, conflict and peace.

We have organized a thank-you dinner for our volunteers at the Citadelle fortress in Quebec City, to be held on November 28. Since the pandemic, our pool of volunteers has been shrinking. We need you to play an active role in defending your rights and advancing the Association's major issues. Volunteer needs are numerous and can vary be a member of the Board of Directors; sit on a committee; help organize the Annual General Meeting; participate in the organization of activities; help recruit new members; keep our website or Facebook up to date; and much more!

On January 1, 2024, the pension indexation rate will be 4.8%.

We look forward to welcoming you as a volunteer.

[Please note that the branch office will be closed from November 22 to January 2].

Best regards !

René Grenier, Président



Advocacy

By **Micheline Lefrançois**, 1st Vice-President

Pre-Budget Consultations for the 2024 Federal Budget

The House of Commons Standing Committee on Finance met in Quebec City on November 13, as part of its national pre-budget tour to gather the concerns of various organizations in Quebec in order to establish its priorities and make its recommendations in anticipation of the 2024 federal budget.

At that hearing, our Chair, René Grenier, made submissions on behalf of the Quebec members. He highlighted the 8 recommendations of the NAFR which are detailed in the Brief filed with the Committee ([link here](#)).



Member of the Standing Committee Pierre-Paul Hus, (Charlesbourg-Haute-Saint-Charles)



René Grenier and Micheline Lefrançois in the hearing room



Member of the Standing Committee Caroline Desbiens, (Beauport-Côte-de-Beaupré-Île-d'Orléans-Charlevoix)

Photos by Sylvie Gosselin, Quebec Branch volunteer



The following other Quebec MPs are members of the Finance Committee: Alexandre Boulerice, (Rosemont-Petite-Nation), Francis Scarpaleggia (Lac-Saint-Louis) et Brenda Shanahan (Châteauguay-Lacolle)



BECOME A VOLUNTEER FOR OUR BRANCH

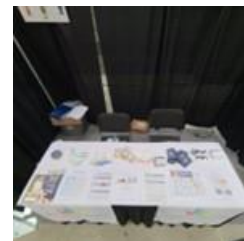
We need you and your involvement. We are a small team and we want to continue to increase services and activities to the members of our large Branch. Whatever your talents and interests, you can contribute. Volunteering is proven to help stay young and healthy.

Participating in the Salon FADOQ 2023 was a great success!

Thank you to our invaluable volunteers who, at our booth, met and introduced our association to many of the 15,000 visitors to the «Salon»:



Claude Larochelle branch liaison officer with the Salon Fadoq and volunteers: Roland et Denise Langevin, René Grenier and Sylvie Gosselin, Guy Abel, Pierre Marquis, Edna Richer and. Micheline Lefrançois and Jean-Marc Demers.



Claude Larochelle, 2nd Vice-Président



SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

By **Ghislain Lavoie**, Director, Saguenay-Lac-Saint-Jean

Come in large numbers to our monthly breakfasts!

At La Baie - The first Tuesday of the month at 9:00 a.m., at resto Pizza Maximum, 1083 Rue Bagot, La Baie,

At Alma - The last Wednesday of the month at 9h00, au restaurant Pacini à l'hôtel Universel, 1000 Bd des Cascades Ouest, Alma.



BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

By **Sylvie Harrisson**, Director, Bas-St-Laurent-Gaspésie

As the NAFR representative on the «Table de concertation des aînés de la Matanie» (TCAM), I can tell you that the Table is very active, as are various committees. The major issues discussed this year are:

- Elder Abuse and Welfare
- Loss of health services (related to the CISSS)
- Loss of services related to the Adult Education Centre
- Housing in Matanie

For more information, see TCAM's 2022-23 Annual Report ([PDF link](#)).

Great news!

We will have a breakfast conference in Matane, at 9:00 a.m., on

November 30, 2023, at the

Café aux Délices, 109 rue St-Jean, Matane, QC G4W 2G8

Tél. (418) 562-0572 | (418).562.0578

A presentation on income tax will be given by Danielle Doucet. For more information, reach me by email or on Facebook..





News from Table de concertation des aînées, Chaudière-Appalaches(CA)

By **Serge Boisseau**, NAFR Representative at the TCA/CA

On September 28, 2023, the annual presentation of the PRIZE took place. HONOURING SENIORS – 2023. The winner was Mrs. Claire Buteau from the Table locale de Lévis / St Lambert de Lauzon / Chutes-de-la-Chaudière-Est.



Through this ceremony, the TCA/CA wishes to highlight the exceptional commitment of seniors in our territory who volunteer to improve the quality of life and social participation of seniors.

The ceremony, which was attended by about forty people, consisted of the presentation of a bouquet of flowers to each of the five nominees upon their arrival, followed by speeches including a detailed presentation of each of the candidates.

Each nominee received a certificate of recognition signed by the Chair of the Board of Directors.

The whole was followed by a reception (0% alcohol) and a hot meal.

Mr. Serge Boisseau, Director at the Table and representative of NAFR-Quebec Branch, was chair of the 2023 Selection Committee and Master of Ceremonies at the ceremony.

On the same day, our Board of Directors meeting was held, during which the members of the new Board were presented. Mr. Serge Boisseau was re-elected head of the selection committee - TRIBUTE AWARD 2024.

Finally, a revised version of the Directors' Workbook was distributed to all Directors, both old and new.

Well done, Serge!

Congratulations to the winner and nominees.

For more information, see our [October Bulletin 2023](#)



Federal Minister of Labour and Seniors, Seamus O'Regan, Jr., issued a [statement](#) on Seniors' Day October 1, 2023, and is releasing a monthly newsletter with important information for seniors. The November [newsletter is here](#), with the latest updates from Minister O'Regan.

Share this information!

You can now subscribe to the [online newsletter](#) and invite others to do the same.



AMONG LEGIONNAIRES IN OUR REGION

By **Jean-Marc Demers**, Secretary General

We appreciate giving visibility to the concerns and activities of members of the Canadian Legion of Eastern Quebec, taken from the Canadian military history journal LEGION.

Today, we want to encourage you to read an article by military historian and professor J.L. Granatstein in the November/December 2023 issue of this journal, pages 88-89. Prof. Granatstein writes on what awaits Ukraine and NATO after Russia's war of aggression is over. Its title is «Treaty Talks – What's next for Ukraine and NATO».

As it is well known, in 2002 Ukraine asked NATO to join its organization. In 2008, after Canada nominated Ukraine, Ukraine made a formal request to NATO. Five years later, Russia seized Crimea, and in 2019 Ukraine amended its constitution to include «its desire to join» the European Union and NATO. We know that both organizations have a rule that if one of its members is attacked, all of them are considered attacked. Russia says the reason for its invasion of Ukraine in February 2022 is "the possibility that Ukraine could join a Western Alliance." We know that Russia threatens to use nuclear weapons if Ukraine joins NATO.

Before Putin ruled Russia, Russia and Ukraine signed a Treaty of Friendship, Cooperation and Partnership on «the inviolability of their shared border and a respect for territorial integrity». Prof. Granatstein proposes that a treaty between Ukraine on the one hand and the G7 members and NATO on the other would be «even» stronger.

I strongly encourage you to read this short, enlightening article.

November is Falls Prevention Month

In Canada, falls are the leading cause of hospitalizations and injury-related deaths among people aged 65 and older. But the good news is that it is possible to prevent falls! Visit the link below to learn about government recommendations related to fall prevention.

[Government Recommendations](#)



ACTIVITÉS
SOCIALES
ET VIRTUELLES



BRANCH MONTHLY BREAKFASTS

IN LÉVIS

This new activity is greatly appreciated by our members, particularly those on the south shore of Quebec.



1st breakfast on
October 5, 2023,
photos by
Gilbert
Sauvé

And breakfast
on November 2



Next Breakfast, on December 7 2023 at 10h00, at [Délices Resto Lounge](#), 146, Président-Kennedy

IN QUÉBEC

Our Monthly Breakfasts at 8h30, at restaurant Normandin, [986, Bouvier, Québec, G2J 1A3](#), are still very popular.



Here's a photo taken Wednesday,
October 25, 2023.

Next Breakfast, Wednesday,
November 29, 2023.

IN LA BAIE

First Tuesday of the month, 9:00 a.m., at the restaurant [Pizza Maximum](#), au [1083 Rue Bagot, La Baie](#),

IN ALMA

The last Wednesday of the month at 9:00 am, at the restaurant [Pacini à l'hôtel Universel](#), [1000 Bd des Cascades](#) Ouest, Alma.

Social Activities



Par **Roland Langevin**, Treasurer and FADOQ representative

Ms. Lyse Thibault, representative of the Secteur Jean-Talon, FADOQ Régions de Québec et Chaudière-Appalaches, informed me in mid-October that **the Bowling team representing the NAFR- Québec Branch at the FADOQ provincial games in Sherbrooke between September 19 and 21, 2023, in large pins won the BRONZE medal.**



The team was made up of Yvon Trudel (Captain), Doris Trudel, Jocelyn Boulianne, Éric Boisvert and Rachel Routhier.

Our congratulations to the team for this Bronze medal.



Edna Richer,
coordinator

Email: anrf@bellnet.ca Web Site: anrf-sq.org Follow us on [FACEBOOK](#)



Scan this QR code with the camera of your cell phone or tablet to go to our website where you will find more content about our activities.

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Gilbert Sauvé



Marianne Lafond



Pierre Marquis



Claude Larochelle



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