

NEWSLETTER

NAFR – QUEBEC BRANCH

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VETERANS Week - 5 to 11 NOVEMBER 2024

Thank You to all Veterans



NAFR Quebec Branch members 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 10 and 11, 2024 at armistice ceremonies in several towns across our territory.



IN QUÉBEC

René Grenier, Président et Jean-Marc Demers

Photos Sylvie Gosselin



LÉVIS



See Article in « [Journal de Québec](#) »

Serge Boisseau & Denis Aubé



DONNACONA

Guy Abel, and Jocelyne Delage a veteran and member of NAFR



CANADIAN FORCES BASE - VALCARTIER

Micheline Lefrançois and Roland Langevin



MONTMAGNY



John LeGarignon



Photos Michel Gosselin

SAINT JÉRÔME CHURCH MATANE



Photo Marc Durette

Sylvie Harrisson

New Richmond

Sergeant Major (Retired) Normand Parent with his son Brigadier General Marc Parent of DND in Ottawa



(Brigadier General's Speech)

CHICOUTIMI



Ghislain Lavoie



RIMOUSKI

Bruno Beaulieu



BAIE-COMEAU



Daniel Deschenes



Daniel Deschenes and Jean St-Laurent, Retired from the Armed Forces (Reserve), President of the Royal Canadian Legion, Baie-Comeau Branch

Other wreaths were laid on behalf of the NAFR Quebec Branch at ARVIDA by Réjean and Jeannine Dubois, at ALMA, at ROBERVAL and at GASPÉ, but unfortunately, we don't have any photos.

In a few days' time, you'll be able to view many more photos on our [WEB page](#), as well as a small montage for the entire Branch.



WORD FROM THE PRESIDENT

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. In terms of traffic at our booth, I think we broke the record.

For all our Federal Retirees members, and especially for our veterans, Remembrance Day is an important day to celebrate. We are proud that, once again, our volunteers participated in large numbers in wreath-laying ceremonies throughout our vast branch. Did you know that our territory includes major military installations such as the Royal 22e Régiment at the Citadelle of Québec, the 2nd Canadian Division Support Base at Valcartier, and the 2nd Canadian Ranger Patrol Group, which is responsible for Nord-du-Québec, James Bay and the Lower North Shore? Nearby Old Quebec is home to the Naval Reserve Headquarters and the Canadian Forces Naval Academy, the only Royal Canadian Navy school dedicated primarily to reservists. And let's not forget Canadian Forces Base Bagotville in the Saguenay, with its NORAD sector always ready to react quickly to any threat in North American airspace, where our new fleet of F-35 fighters will be deployed. And we haven't even mentioned the RCMP yet...

As you probably know, we're always looking for active volunteers. We look forward to hearing from you. This year, as a thank you to our active volunteers, we organized a tour of the Quebec Parliament Building, home to the Quebec National Assembly. We had the opportunity to meet several MNAs as they left the Salon bleu after question period.



We held our "district" meeting (the six Quebec branches) at the Hôtel - Musée Premières Nations in Wendake. Our guests found the enchanting site to be right on the mark! It was an exceptional meeting in the history of the NAFR, with the majority of the national directors on videoconference for an entire day, and the presence on the site of national president Roy Goodall and vice-

president Hélène Nadeau.

Our challenge was to promote the implementation of a regional model of collaboration between our six branches, enabling the branches and their committed volunteers to contribute more together. That's added value for the benefit of our members.

I look forward to seeing you at our Holiday Dinner.

René Grenier, President, Québec Branch





ADVOCACY

By **Pierre Beaudry**, Board Member - Advocacy

Summary of important news for federal retirees - November 2024

1. Pension indexing: Effective January 1, 2025, federal retirees' pensions will be indexed at a rate of 2.7%, reflecting the increase in the Consumer Price Index (CPI) for the period October 2022 to September 2023. This annual mechanism protects pensioners' purchasing power against inflation.

2. Pensioners' Dental Services Plan (PDSP)

Since November 1, 2024, the PDSP has been administered by Canada Life, and the transition has gone smoothly. Benefits remain unchanged, and members can access their new card:

- Online portal: <https://www.bienvenue.canadavie.com/rsdp>
- Telephone for questions about the PDSP: 1-855-415-4414.

Should you require any support or clarification, NAFR remains at your side to facilitate these transitions and defend your interests.

3. Public Service Health Care Plan (PSHCP) Transition:

There has been a great deal of improvement in Canada Life's administration of the PSHCP, both in terms of reimbursements and general communications. The complete version of the PSHCP member booklet contains everything you need to know about your PSHCP benefits. Among other things, you'll find information on how to submit a claim and set up your personal accounts if you haven't already done so. We also encourage you to consult the booklet or download a copy from Your Plan page of the PSHCP Member Services website

<https://www.bienvenue.canadavie.com/rssfp>

If you encounter any difficulties, don't hesitate to contact Canada Life online at <https://www.canadalife.com/fr.html> (by creating or opening your online account), or by telephone Monday to Friday from 8 a.m. to 5 p.m. at 1-855-415-4414 (have your certificate number ready, which is indicated on your PSHCP card). You can also contact them by mail at Canada Life, Winnipeg Benefits Department, PO Box 3050 Station Main, Winnipeg, MB, R3C 0E6.



RECRUITMENT – 2024

By **Serge Boisseau**, Administrator

The Mega Recruitment Campaign runs until December 31, 2024!

You still have the chance to participate and win one of the many prizes offered.





Our presence at the 2024 FADOQ Annual Show was a great success!

By **Serge Boisseau**, Administrator

Thank you to our precious volunteers who, at our booth, met and made our association well known to many of the 17,200 visitors during these three days.

Since its first presentation in 2012, the FADOQ 50 ans + Shows have been a great success and continues to grow year after year. Similarly, your Branch does not miss any recruitment and outreach opportunities for federal retirees and future federal retirees.

We have been participating in the fair for several years now and the results are positive. Over 200 members and potential members came to meet us to learn more about NAFR. You will understand that this is an excellent means of contact for the recruitment component.



In addition, we took the opportunity to distribute more than 100 SAGE magazines and various other promotional and informative products available at our booth about our organization, its mission, its partners, its activities, its achievements, etc.

Also, we had prepared special information kits to give to visitors who were eligible to become members and who showed an interest in becoming members (80 kits were given).

Taking into account that 22% of our membership comes from the Canadian Armed Forces, we had posted a poster representing this important part of our organization for the occasion and it was well noticed by the public visiting us.

Our success at the fair owes its origin to the sustained work of our team of volunteers who cooperate in the preparation and realization of this event which is highly important for recruitment, visibility and positive impact.

If you are interested in volunteering with our dynamic team, we have something interesting for you; Contact us.



BAS-SAINT-LAURENT-GASPÉSIE REPORT

By **Sylvie Harrison**, Member of the Board for Bas-Saint-Laurent-Gaspésie

On October 2, 2024, I represented our association at the District Meeting of the Public Service Alliance of Canada Bas-Saint-Laurent Branch. We were warmly welcomed! There were good frank discussions on common issues.

As in previous years, we have been placing wreaths during Remembrance Day Ceremonies in Rimouski, Matane, Gaspé and New Richmond. It is important for our members to recognize the courage of our soldiers who gave their lives for our freedom.



Great news! Join us on November 27 for the lunch at Café aux Délices in Matane at 9hrs. Members and non-members are welcome. Please **MAKE** your confirmation to me, so I can make our reservation. We look forward to seeing you there!



SAGUENAY-LAC-SAINT-JEAN REPORT

By **Ghislain Lavoie**, Member of the Board, Saguenay-Lac-Saint-Jean

On October 29, 2024, 10 NAFR members gathered in Alma under the aegis of the Table Régionale de Concertation des Aînés (TRCA-02) to mark International Seniors' Day, thanks to the cooperation of our president, whom we thank.

A lunch of Joy and Fraternity. The organizers had thought of everything, and it was a success. Unlike last year, there were no kiosks.

Our members thoroughly enjoyed the event. We thank you all!



We look forward to seeing you at our monthly luncheons in La Baie and Alma. For more information on restaurants, days and times, consult the [Monthly Luncheons Branch](#).

See you soon!



News from Tables de concertation des aînés (TCA)

Table de concertation des aînés Chaudière-Appalaches (TCA-CA)

By **Nicole Latulippe**, NAFR Representative at the TCA-Chaudière-Appalaches

On October 02, our regular Board of Directors (BOD) meeting was held to deal with the items on the agenda. During the meeting, the winner of the Prix Hommage Aînés (PHA) 2024 was announced. The winner is Olivette Veilleux for the Chaudière-Appalaches region.

A ceremony to mark the occasion was held on site (presentation of flowers, hot meals, etc.). Nominees, along with family members and members of the Board of Directors attended. The Prix Hommage Aînés (PHA) is awarded by the Quebec government in recognition of the contribution of a senior citizen volunteering in his or her region to promote the well-being of seniors and their increased participation in society.



Ms. Veilleux will receive her award from the Minister for Seniors, Ms. Sonia Bélanger, in November 2024.

At this Board meeting, Nicole Latulippe was appointed as the new NAFR-Quebec Branch representative on the table. Ms. Latulippe is a regular at our NAFR breakfasts, held on the first Thursday of the month at Resto Délices in Lévis.

Ms. Latulippe replaces Mr. Serge Boisseau, who has acted in this capacity for many years, missing no opportunity to represent us positively and pass on to our members any relevant information received from the table.

For PHA-2024, Mr. Boisseau was in charge of the Nominating Committee and Master of Ceremonies for the event.

On behalf of the Board of Directors, we extend our sincere thanks to Mr. Serge Boisseau for all the work he accomplished during his term of office, and welcome Ms. Nicole Latulippe.



For further information, please consult our [Bulletin Octobre 2024](#)



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.



By **Micheline Lefrançois**,
Vice-President



On November 5, I represented the Quebec Branch at the Hommage aux Aînés event, where 17 winners recommended by the Tables régionales de concertation des aînés (TRCA) were presented with the Prix Hommage Aînés by the Minister responsible for Seniors and Minister Delegate for Health, Ms. Sonia Bélanger. The award recognizes the exemplary contribution of seniors who volunteer in their region to promote the well-being of seniors and their increased participation in society.

A number of MPs and ministers were on hand and congratulated the winners from their constituencies. Several local winners were honoured: Olivette Veilleux from Chaudières-Appalaches, Marcelle Claveau from Capitale-Nationale, Germain Gauthier from Saguenay-Lac-Saint-Jean, Marie Landry from Côte-Nord, Julette Rioux from Bas-Saint-Laurent, Alexandre Dubé from Gaspésie-Iles-de-la-Madeleine.

[Découvrez les lauréates et lauréats](#)



RECOGNITION OF OUR ACTIVE VOLUNTEERS - 2024

By **Serge Boisseau**, Administrator

On October 24, our branch's active volunteer recognition event took place: a 45-minute guided tour of the Parliament Buildings (built 1877-1886), accompanied by an interpreter, followed by dinner in the Parliament restaurant *Le Parlementaire*.



Photos Gilbert Sauvé

Our President, Mr. René Grenier, welcomed participants to the AGORA, the heart of the reception pavilion inaugurated in 2019.

A moment of happiness for all.

If you are interested in volunteering, please contact us.



AMONG LEGIONNAIRES IN OUR REGION

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

We like to give visibility to the concerns or activities of members of the federal family in the Canadian Legion community in Eastern Quebec, taken from the Canadian military history magazine

Legion Branch 150 Bernatchez - Montmagny

In the September-October 2024 issue, on page 21, President Gilles Desjardins of Filiale 150 Bernatchez, Côte du Sud in Montmagny, presents \$300 to Paule Giasson, President of the “La Frontière” emergency shelter in Montmagny. In another photo, Mr. Desjardins presents 3 cheques for \$500 to 3 commanders and sponsorship committee heads.



Legion Branch 265 - Lieutenant-Colonel-Charles-Forbes - Québec

In the November-December 2024 issue, on pages 27-28, under “INSTANTANÉS - Bénévolat dans la communauté”, here are the four following photos from Filiale 265: Korea veteran Jean-René Décary laying a wreath in front of the monument dedicated to the fighters in Korea; Harnold Savard and Gérard Trudeau presenting \$5,000 to Gordon Boivin for the CASA Addiction Prevention and Treatment Centre; interim president Adéline Savoie with G. Trudeau, director of Le Coquelicot, presenting a donation to student Maude Massicotte; members of Filiale 265 at the flag-raising ceremony on July 1, 2024.



Korean War veteran Jean-René Décary



Harnold Savard (left) with Gérard Trudeau and Gordon Boivin



Adéline Savoie (left), Maude Morissette and Gérard Trudeau.



You may also be interested in an article on Prime Minister Mackenzie King and Canada's entry into World War II entitled “The King of Necessity” by J.L. Granatstein on page 58 of the November-December 2024 issue.

PhotoScan par Google Photos





Honouring members of our Branch

By **Micheline Lefrançois**, Vice-Président

Happy 105th Birthday

Mrs. Gemma Fiset Member of the Quebec Branch

The Quebec Branch congratulates one of its most assiduous members, Mrs. Gemma Fiset, on her 105th birthday.

Mrs. Fiset is still very active. Our coordinator Edna Richer is on hand to answer any questions she may have about the Association's various services.

Mrs. Fiset was a volunteer of the Branch office in the 2010s. She is a federal public servant who worked for several years in the adjudication of Unemployment Insurance claims. After 25 years in Toronto, she went on to work in Montreal and Quebec, again for Unemployment Insurance. She retired in 1978.

Congratulations and long live Ms. Fiset!



Ms Fiset receiving recognition from the Quebec Branch on her 100th anniversary in 2019.

She is here with (left) by Jean-Marc Demers and James Nicholson (right).



GILLES CHEVALIER, a volunteer at heart!

On September 19, Gilles Chevalier, a volunteer and member of the Quebec Branch since 1996, received a recognition from Julie Vignola, MNA for Beauport-Limoilou, for his 30 years of volunteer work with Le Grape, Groupe de Recherche en Animation et Planification Économique.

Gilles Chevalier was President and Director of LE GRAPE in the 2000s. He continues to play a budgetary advisory role within the organization, helping those in need.

At our Branch, Gilles has held several positions, including those of member of the Board and treasurer for 6 years a few years ago. He continues to be an active volunteer.

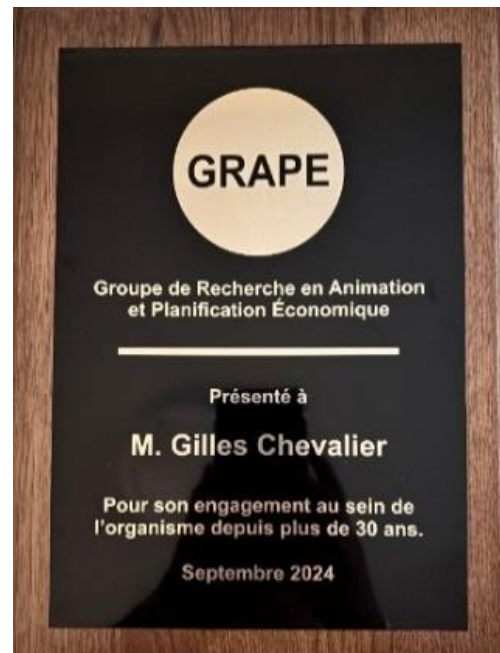


The Grape is a non-profit organization with a mission to “Help people by informing them and proposing budgeting solutions based on their individual financial needs.”

Pictured from left to right:

Mr. Raymond Jeudi, Le Grape President, Ms. Lydia Didier, General Manager, Mr. Gilles Chevalier, Ms. Julia Vignola, Beauport-Limoilou MP and Mr. Joël Godin, Portneuf-Cartier MP.
Source: Facebook Le Grape

Thank you very much Gilles for your social involvement!

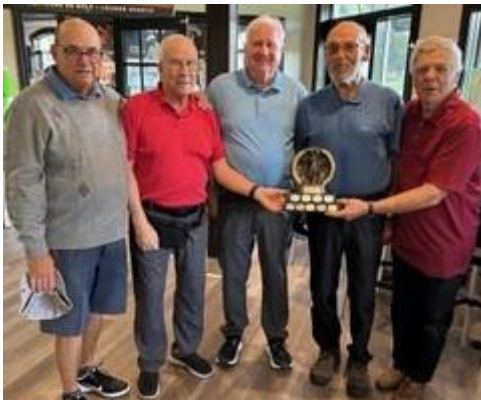


SOCIAL ACTIVITIES



GOLF-NAFR

By Roland Langevin, Treasurer



Golf Season is over!

Here's the photo of the tournament's winning foursome and the one taken to mark the immense contribution of **Germain Boivin** and **Gilles Croteau** to our Tuesday summer activity. For many years, every Tuesday from May



to October, they enabled us to meet and play golf. Many thanks to Pierre Dubois, who created the magnificent "glass fusion" works that were presented to our organizers.

We'll let you know when we have more information about next season's arrangements.

BRANCH MONTHLY BREAKFASTS



In
QUÉBEC :

Last Wednesday of the month, 8:30 a.m. at Normandin Restaurant, [986 Bouvier Street](#), Quebec, G2J 1A3. 418-627-1265

In LÉVIS :

Except for December 2024 Next Breakfast in January 2nd 2025, on the 1st Thursday of the month at 10:00 a.m., in Salon 1 of the [Délice Resto Lounge](#) at [146, Président-Kennedy, Lévis](#), G6V 6C9. 418 833-2221

In LA
BAIE :

1st Tuesday of the month, 9:00 am, at the restaurant [Lucerne](#) at [1302 rue Bagot](#), LA BAIE, QC, G7B 2P4. 418-544-0409

In ALMA :

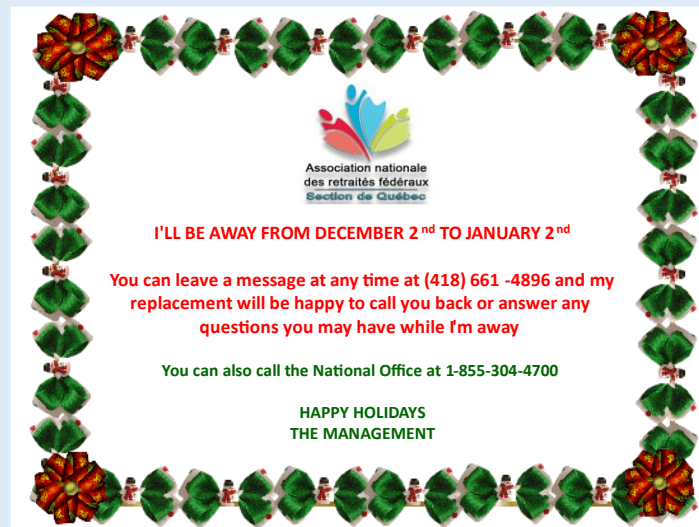
Last Wednesday of the month, 9h00, at [Pacini](#), Hôtel Universel, [1000 blvd des Cascades, Alma](#), G8B 3G4. 418-668-0872

The monthly breakfasts are as popular as ever. Join us and bring along Federally retired friends!

Branch Office Schedule



**Edna Richer,
Coordinator**



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Editor-in-Chief: Diane Legros,

Editors : René Grenier, Pierre Beaudry, Serge Boisseau, Micheline Lefrançois, Sylvie Harrisson, Ghislain Lavoie, Nicole Latulippe, Jean-Marc Demers, Roland Langevin et autres.

Branch Coordinator: Edna Richer

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Publication on website: Marianne Lafond

Photos: Gilbert Sauvé, Sylvie Gosselin and many more for Remembrance Day

Facebook Post: Guy Abel



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