

NEWSLETTER

NAFR - Quebec Branch

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A Word from the President

What good news! Our regional member information visits to Alma on May 10 and Matane on May 22 were a great success. The rooms were full, and discussions were cordial. Once again, a big thank you to our directors Ghislain Lavoie and Sylvie Harrisson, who are doing a remarkable job. We want to attract even more members in the regions, outside the major centers. Do you have any ideas?

At the Annual Members' Meeting and Presidents' Forum in Gatineau on June 18 and 19, the National Board of Directors announced that, from now on, filling the position of CEO of the Association will be bilingual. The current CEO, Anthony Pizzino, is bilingual, but we wanted to ensure that this would be a mandatory selection criterion.

During the Presidents' Forum and the plenary session, there were many comments on the draft Strategic Plan 2024-2027. An almost unanimous show of hands convinced the National President to postpone the vote on the plan until next year, when it will have been revised, commented on and a more complete version produced. Many speakers suggested that the Association should refocus on its mission, and therefore on its members, because we can't defend everything for everyone. On the other hand, in one vision, we could well see something like: "By virtue of its ascendancy in public opinion, to be among the recognized leaders in the defence of retirees in the country".

Several participants also stressed that the time to prepare for the next federal election is now. While one of the Association's priorities is to defend a universal, single-payer drug plan, this is nevertheless viewed rather lukewarmly by several delegates who spoke at the Forum. There is a risk that our coverage will be less. On the other hand, defending our defined-benefit pension plan is seen as a truly fundamental issue, and one that could unfortunately come under particular scrutiny in the next federal election.

But the icing on the cake is that the Quebec branch received the **Branch Excellence Award 2024!** It's a recognition of the merit of our branch volunteers, and a big thank you for the exceptional work each of you does - personally - to support our members and our activities. We thank you all!

René Grenier, President



AGM - 2024 National Award of Excellence - The proposal

By Micheline Lefrançois, Vice-president

The Branch was awarded the National Prize of Excellence at the Annual General Meeting (AGM) 2024 Volunteer Awards in Gatineau on June 19.



Each year, NAFR's 77 branches are invited to submit their branch activities to the National Selection Committee. Our Branch was awarded this important national prize for our efforts in member recruitment and mobilization, volunteer involvement and advocacy.

To be considered, we needed to complete a long application form describing specific actions, accompanied by a 4-page appendix with photos and texts supporting our achievements.

See [the appendix](#) that has been submitted.



Many thanks to our valiant volunteers for their unwavering dedication and all member support of the Quebec Branch!

At the June 26 Executive Committee meeting, certificates of recognition were presented to Claude Larochelle and Marianne Lafond:



For your exemplary commitment and dedication as a volunteer 2nd Vice-President, responsible for member recruitment and retention, as well as your invaluable help in organizing events and activities.

[Certificates - Text - AGM 2024 - Claude Larochelle.pdf](#)



For your exemplary commitment and dedication as a volunteer over the past 7 years as the Branch's website administrator.

[Certificates - Text - AGM 2024 - Marianne Lafond.pdf](#)

Claude Larochelle (Recruitment & Salon FADOQ)

Marianne Lafond (8 years of service)





RECRUITMENT

By **Guy Abel**, Director of Finances

As part of National Federal Public Service Week (June 9-15, 2024), the Branch set up an Information Booth on June 11 and 12 at 1550 d'Estimauville Avenue in Quebec City. The building houses some 600 federal employees from various departments, including Public Works, Environment Canada, Transport Canada, Coast Guard and Shared Services.

Guy Abel and Serge Boisseau distributed over 350 information brochures to employees. Some employees were just a few months or years away from retirement and appreciated the information about our association. The event was an opportunity for them to learn about the possibility of becoming a member before retirement. Travel insurance generated a great deal of curiosity among employees.



We had 2 partners for this activity: Bélairdirect and Strom Spa. The draw for the Strom Spa packages and the Bélairdirect kit attracted a lot of attention, and we had over 100 entries. The Strom Spa packages were won by Sabine Souissi and Claudia Gaudreault. Attached is a photo of Eliza Rudkowska, who won the Belairdirect kit.

ADVOCACY

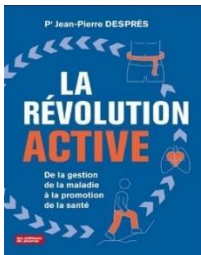


By **Pierre Beaudry**, Director – Advocacy

Federal elections are coming up. Is our current pension plan under threat? Let's be vigilant!

With a federal election looming, it's important to consider whether our current pension plan is under threat. The political parties have different positions on the issue, with some supporting the defined benefit pension plan and others proposing a defined contribution plan. In a defined-benefit pension plan, the amount of the pension is fixed in advance, whereas in a defined-contribution plan, the amount depends on contributions and investment returns. Our current defined-benefit plan is healthy and viable over the long term. A change to a defined contribution plan could present risks, such as the impact on existing benefits, future adjustments and benefit security. It's important to stay informed and vigilant on this issue during the upcoming federal election.

To find out more, I invite you to read the full text of this article in PDF format by clicking on this link: [Elections and Pension Plan](#)



LA RÉVOLUTION ACTIVE – de la gestion de la maladie à la promotion de la santé

In defending the interests of retirees, I take the liberty of including health promotion. I believe it's important to share best practices and keep up to date, both in terms of research and testimonials, on practices that help us stay healthy. Even if we've been through, or are currently going through, certain health-related ordeals, these lessons can only help to improve our situation and our lives.

It's essential to promote health and stay informed about the best practices for maintaining our well-being. In his book "La Révolution Active - De la gestion de la maladie à la promotion de la santé," Professor Jean-Pierre Després proposes a prevention-based approach to promoting an active lifestyle. Drawing on proven research, he challenges certain beliefs, notably the validity of BMI (body mass index) as a diagnostic tool. Using medical imaging, he was the first to establish that visceral obesity is particularly harmful to health, as well as firmly establishing the primacy of physical activity as a means of preventing chronic societal diseases. It highlights the importance of physical activity and a balanced diet. It also stresses the importance of taking care of one's mental health, continuing to learn and maintaining strong social ties.

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¹ L'obésité viscérale fait référence à l'accumulation excessive de graisse au niveau de la **région abdominale**, en particulier autour des organes internes tels que le foie, les reins et les intestins.





BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

By Sylvie Harrisson, Director, Bas-Saint-Laurent-Gaspésie

General Information Meeting Bas-Saint-Laurent-Gaspésie (GIM)

On May 22, the GIM was held in Matane, and we were delighted to welcome 40 members. The meeting was a great success. Our President, René Grenier, myself as Regional Director, and my fellow volunteers helped organize this wonderful event.



René Grenier presented his 2023 President's Report, the branch priorities for 2024, the 2023 financial statement and the 2024 budget forecast. We answered several questions from members.



Speakers: Sargent Marie-Ève Belzile with Sargent Katia Noël

In the afternoon, we had a fine presentation by Sûreté du Québec officers on the most frequent frauds committed against seniors. Sargents Belzile and Noël, illustrated with 3 striking videos:



- ✓ Love fraud for all ages
- ✓ Grandparent fraud - the scam
- ✓ False advisor fraud - telephone scam

They described:

- ✓ how to protect ourselves from these increasingly frequent calamities
- ✓ how to recognize the signs that tell us: BEWARE
- ✓ to be vigilant, because falling victim to these calamities often leads to losses

The presentations by Sargents Belzile and Noël were highly interactive and prompted many questions.

Certificate of recognition awarded to Suzanne Gauthier

René Grenier presented a certificate of recognition to Suzanne Gauthier.

For your commitment and dedication as a volunteer for NAFR activities in the Bas-Saint-Laurent-Gaspésie region. Thank you very much for creating the Facebook site: Les retraités fédéraux Bas-St-Laurent/Gaspésie, allowing us to stay.

[Certificate - Suzanne Gauthier](#)



Congratulations to the door prize winners!

The door prizes made many happy winners: Aimée-Rose Durette-Murray, Micheline Durette, Yves Saucier, Madeleine Gauthier, Diane Deschenes, Claude Bérubé et Jean-Paul Fortin. Here are a few photos of some winners.



Photos
Sylvie Gosselin

René Grenier and Sylvie Harrisson thank members for their generous participation in this 2024 regional information meeting.



SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

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

Our monthly lunches are taking a summer break, but we'll be back in full force in September.

In La Baie: Resumes on the 1st Tuesday of the month, September 3, at 9h00, At [Lucerne](#) au [1302 rue Bagot](#), LA BAIE, QC, G7B 2P4.

In Alma: Resumes on September 25, last Wednesday of the month, at 9h00, at [Pacini](#), Hôtel Universel, [1000 boul. des Cascades, Alma](#), G8B 3G4.

Enjoy the summer and see you soon!

New collaborator to the Quebec Branch



APOGÉE is a Canadian manufacturer of high-end sportswear at the best quality/price ratio.

40-45% discount for NAFR members and their families

For clothing from regular collections (not on sale) the discount is 40% online, use code **ANRF40** and 45% in store, present your ANRF card and use code: **ANRF45**.

For more information, see the APOGÉE [communiqué](#) and website. (in French)

APOGÉE, 113, Rue de New York, Saint-Augustin-de-Desmaures, QC, G3A 0A8 www.apogee-sports.com





Salon FADOQ – 2024 and News from Tables de concertation des ainés (TCA)

By Serge Boisseau, Director – Recrutement, Salon FADOQ

Salon FADOQ – 2024

We are pleased to announce that we will once again be present at the Salon to be held at Expo Cité-Québec's Centre de Foires from October 18 to 20, 2024.



The first show dates back to 2012, and since then its popularity has continued to grow.

It's an excellent opportunity for us to promote the Association, meet our visiting members and without doubt recruit new members.

What a pleasure!

The program features a number of speakers and musical performances, including: Dr. Martin Moisan, Gildor Roy, Marc Hervieux, Marie Josée Taillefer, Marie-Élaine Thibert et bien d'autres.

Once again, we want to have an eye-catching booth staffed by enthusiastic volunteers who sell our association well, so we're making you aware of this great opportunity right away.

If you're interested in representing NAFR at the booth, let us know by contacting our office directly at 418 661-4896 or 866 661-4896.

We look forward to sharing this wonderful moment with you,

If you have any questions, please don't hesitate to contact us.

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

On Thursday, June 20, the Table (TCA-CA) held its AGM.

During the meeting, various topics were discussed and reported to members on operations for the year just ended.

These included the presentation and adoption of the 2024-2025 Action Plan and the 2023 / 2024 Activity Report.

It was agreed that the presentation of the Prix Hommage aux Aînés 2024 will take place on October 1, during a short recognition ceremony.

To close the meeting, we had the opportunity to welcome notary Claire Auger, who spoke to us about the homologation process for mandates in case of incapacity and the [update on Bill C-18](#) (assented to in 2020).

Here's a document of interest to all seniors: [Financial abuse](#).



Information capsules



The Guide to programs and services for seniors, 2024 Edition, is now available.

Produced annually by the Quebec government, this guide is designed to inform seniors and their families about the main government programs and services available to them. Whether it's about homecare, housing, transportation or tax credits, for example, seniors will be able to obtain clear, concise information on the various government programs and services available.

[Consult the guide](#)

Don't forget to check out the new [Plan d'action gouvernemental 2024-2029 La fierté de vieillir.](#) (in French)



A free guide for seniors

Did you know of the guide called [*Aînés et consommation : A Consumer's rights and Interests*](#) from the [Office de la protection du consommateur](#)?

The Guide is designed to inform seniors of their rights and recourse when it comes to consuming goods and services. Several topics are covered, including price errors at the checkout, legal warranties, miracle products offered on the Internet, travel purchases, funeral and burial services, and more.

Celebrating the National Caregivers Day 2024

Caregivers make caregiving possible in our country. Nothing would be possible without caregivers. They make it possible for all of us to work. They are entitled to dignity in their work.

The [Canada caregiver credit](#), the [caregiving benefits](#) and the [caregiver for adults](#) are just a few of the ways we support people who care for loved ones. To find out more about balancing responsibilities, caring for older loved ones, tax credits for caregivers and mental health resources, visit the [Caregiver Resources Government of Canada](#).



SOCIAL ACTIVITIES

Our evening at the theater is coming up!

Théâtre d'été de Beaumont-Saint-Michel – 2024



Date: July 10, 2024, 8:00 p.m.

Cost: 45\$ for members and 49\$ for non-members

As last year, for those who wish, we'll have dinner before the show, at 5:00 p.m., at the restaurant [Quai Resto Pub Marina Saint-Michel](#).



LEGION BRANCH 265 PRESIDENT'S GOLF TOURNAMENT



Branch 265 of the Legion invites you to its first President's Golf Tournament:

- Thursday September 5, 2024
- At Club de Golf Lorette
- 12986 Rue Monseigneur-Cooke, Québec, QC G2A 3B6

The purpose of this fundraising event is to help the Branch in its mission towards veterans:

- providing emergency assistance;
- helping them obtain orthopedic aids;
- fighting against isolation;
- remembering our fallen comrades;
- accompanying them through the various Veterans Affairs Canada programs;
- supporting them in obtaining scholarships for their children and grandchildren.

Honorary co-chairs will be Capt. (ret.) Fred Caron MVM, MS, CD and Mr. Pascal Raby, Vice-President of the Port of Québec.

NAFR- Québec Branch will be a sponsor, so we'll be well represented and identified with a banner. Here's all the information you need about [the event](#) and the [registration form](#).



GOLF- NAFR QUEBEC BRANCH – This popular activity is now ongoing since May.

When : Every Tuesday at 9:30 a.m.

Where : [Royal Charbourg](#) , 17280, chemin Grande-Ligne Québec, QC, G2N 2G3

Cost: 47\$ (including Golf & kart)

For additional information contact Germain Boivin at (418) 931-6659 or g-boivin@videotron.ca





Monthly Branch Breakfasts

In
QUÉBEC :

Last Wednesday of the month, at 8h30 at restaurant [Normandin](#) at [986, rue Bouvier, Québec, G2J 1A3](#). 418-627-1265

In LÉVIS :

First Thursday of the month at 10h00, at [Délice Resto Lounge](#) at [146, Président-Kennedy, Lévis, G6V 6C9](#). 418 833-2221

In LA
BAIE :

Resumes on the 1st Tuesday of the month, September 3, at 9h00, at [Lucerne](#) at [1302 rue Bagot](#), LA BAIE, QC, G7B 2P4. 418-544-0409

In ALMA :

Resumes on the last Wednesday of the month on September 25, for Alma, at 9h00 at [Pacini](#), Hôtel Universel, [1000 boul. des Cascades, Alma, G8B 3G4](#). 418-668-0872

Our monthly breakfasts are more popular than ever. Come and join us!

Branch office hours - Summer 2024



From July 1st to September 3, 2024, our office will be open from 1:00 p.m. to 4:00 p.m. on Wednesdays and Thursdays.

Phone: (418) 661-4896 Toll Free: 1-866-661-4896

Email: anrf@bellnet.ca

Web Site: anrf-sq.org

Follow up on FACEBOOK

Edna Richer,
Coordinator

You can leave a message in our voicemail at any time; it will be our pleasure to call you back.



Scan this QR code with the camera of your cell phone or tablet to visit our website where you will find more content on the rights and interests of our members.



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