

NEWSLETTER

NAFR - Quebec Branch

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VETERANS' WEEK 2020



The Quebec branch has undertaken Veterans' Week in a different fashion this year. The sanitary rules have in fact limited the ceremonies of the Commemoration that we have enjoyed over the years.

Some have taken place by following local sanitary guidelines.

The Quebec branch present at ceremonies on its territory

- On November 8th, Ghislain Lavoie, administrator, laid a wreath on behalf of our Association at Hôtel de Ville de Chicoutimi. (Photo 1)
- On November 8th, in Matane, Sylvie Harrison, liaison officer, laid a wreath at the Cenotaph of Matane. (Photo 2)
- On November 11th, at the Bagotville military base, a wreath was laid in order to forever remember the sacrifice made by our soldiers who gave their lives for peace and freedom.
- On November 11th, at the Cenotaph in New Richmond, the President of the local Legion Joanne Barter laid a wreath on behalf of our branch. (Photo 3)



Ghislain Lavoie
Chicoutimi



Sylvie Harrison
Matane



Joanne Barter
New Richmond



Wreath deposited at the Bagotville military base on November 11, 2020



Wreath laid at the Cenotaph in New Richmond on November 11, 2020

On November 2nd, our branch sent its members a release expressing its gratitude to the veterans across the country who deserve to be recognized for putting the safety and freedom of all Canadians before their own.

We also thanked our veteran volunteers who support our Branch with their knowledge and experience. [Read the Media release here](#)



The Branch is always proud to be associated with Legion Branch 265, one of the many branches of the Royal Canadian Legion, which allows us to keep a link with veterans and support them in their mission of helping veterans and serving members of the Canadian Armed Forces and the RCMP and their families, to promote remembrance, and to be of service to our communities and our country.

Information on how to join Legion branches in your area and to become a legion member is also available by [visiting their web site!](#)



President's Message

Dear members,

As we inevitably enter the winter period, as we all live in our own way in uncertain times due to the COVID-19 pandemic, I am happy to greet you as a member of the NAFR and particularly of the Quebec Branch. *It will not be easy as someone said ...* First of all, I invite you to continue to follow the sanitary guidelines in this context of a pandemic. Let's remain optimistic and hope that we can resume our social life this spring.

Our volunteers have not been idle despite the confinement context, they have worked to provide you with information and to keep you entertained. The COVIDexit committee offered us a concert (a first on Zoom), conferences and now a most advantageous offer with " Les grands explorateurs " which offers us

film conferences with a substantial discount for our members. The Communications Committee with the newsletter, Sage Inset, a veteran's week release, keeping the website updated. The recruiting committee has published ads in the newspapers and is preparing for deconfinement. Our social activities manager is biding his time and is just waiting to get going again.

We met with four MPs including the Minister of National Revenue, and we were instrumental in getting NAFR called as a witness during a hearing of the Standing Committee of the House of Commons on Veterans' Affairs. All this in order to protect the quality of retirement and the security of our members.

A big "Bravo Zulu" to our volunteers! A message conventionally used on board ships, where the flags hoisted together on a halyard mean "Congratulations, job well done".

We are looking for new volunteers to lend a hand to the team. It's empowering and we work with a smile. We are waiting for you.

In the latest member survey, 84% of respondents said they would like to be able to influence the direction of the Association. We have a good remedy for that! Painless!

Join the Quebec branch's Board of Directors. Here too, we work with a smile. We are standing by to prepare for an election this spring. You will only need to send your intention to the Election Officer. Details will follow soon.

Don't forget the ongoing recruitment campaign. Convince your colleagues to join our association. Go to the site of the Mega Recruitment Campaign, you have the chance to win many prizes: [see the details here!](#)

INDEXATION 2021

Finally, we received the indexation rate for the year 2021 which is 1%. [To find out more, click here!](#)

All members of the Board of Directors and I take this opportunity to wish you all, in this very unusual time, a happy holiday season and an extraordinary year 2021!

René Grenier
President



Advocacy for our members - Meeting with the Honourable Diane Lebouthillier

By Micheline Lefrançois, 1st Vice-President

The Quebec Branch is continuing to meet with Federal Members of Parliament of all parties on its territory as part of the NAFR's national Reach 338 project.

As you know, our primary mission is to advocate for our members and future members.

During the past few months, we have met with Mr. Gérard Deltell, Member of Parliament for Louis-Saint-Laurent and House Leader of the Conservative Party, and Mr. Alexis Brunelle-Duceppe, Member of

Parliament for Lac-Saint-Jean of the Bloc Québécois. You have read our reports in the September newsletter. [Read the September newsletter](#).



On November 10th, the Branch met with the **Honourable Diane Lebouthillier**, Member of Parliament for Gaspésie-Îles-de-la-Madeleine and Minister of National Revenue. We discussed the four NAFR's priorities: better retirement income security policies, a comprehensive national strategy for seniors, an improved policy framework for veterans, and universal Canadian Medicare.

In fact, Ms., Lebouthillier shared with us her 25 years as a social worker. She is also a caregiver to her parents. She therefore knows first-hand the needs and concerns of seniors and is sensitive to their claims.

It highlights government efforts to help seniors, including federal assistance for them in the form of a one-time payment for seniors eligible for the Old Age Security pension, as well as additional assistance for seniors eligible for the Guaranteed Income Supplement. This assistance to seniors allows them to help purchase essential goods and services during the pandemic.

As mentioned in the throne speech, this aid seeks to reduce the gaps in our social systems. For her, all seniors deserve to live in safety, with respect and with dignity.

Ms. Lebouthillier believes that we must go beyond temporary aid; old age pensions must be improved. The member for Gaspésie-Îles-de-la-Madeleine believes in the role of the NAFR in communicating to elected officials the needs of seniors and their families.

Income Security for Retirees and Future Retirees

The Branch noted that many federal retirees residing in regions like ours receive modest pension incomes. In the regions, unemployment among seasonal federal employees is opening a modest retirement income at retirement. The member is well aware of this situation; come retirement, seasonal workers tend to benefit from a modest pension income.

The Branch recalled that as federal retirees, we all remember the intention of Bill C-27 which would have allowed Crown and federally regulated corporations employers to convert defined benefit pension plans into pension plans with targeted benefits. Such a policy continues to worry us!

National Seniors Strategy

We also discussed the NAFR's priority in relation to a national strategy for seniors including several socio-economic components such as income security, housing, transportation and home care.

We referred to the Liberal platform indicating a target of "providing seniors with a more secure retirement", as well as the government's desire to have a senior minister in Cabinet. She emphasizes that this is a step in the right direction, while respecting provincial jurisdiction. This is an important issue that is on the agenda of the caucus and the federal Seniors Minister.

She also encourages us to discuss this issue with each level of government while respecting jurisdiction.

Veterans

Mrs. Lebouthillier welcomed our request to correct the discriminatory approaches suffered by veterans in the handling of their cases by Veterans Affairs, the "backlogs" in the treatment of veterans' cases, and the slower review process for francophone veterans' cases.

Message from Ms. Lebouthillier on tax credits for seniors

Honourable Lebouthillier would like our association to inform its members and their families of the importance of claiming and obtaining all the credits available and to which seniors may be entitled. Many seniors do not benefit from it due to a lack of resources to get help with the tax forms. For the member, it is important to convince our seniors to surround themselves with competent people who have the necessary information to complete their tax report by people or organizations who know this area well so that seniors receive the deductions to which they may have a right to.

She also took note of a suggestion to reimburse the cost of completing the tax return for low-income people.

In conclusion, our member of Parliament thanked the Branch for its dedication to defending the rights and interests of its members and future members.

Thank you very much, Ms. Lebouthillier!

Participating in this meeting for the Branch were:

René Grenier,
Micheline Lefrançois,
Roland Langevin,
Jean-Marc Demers,
Bruno Beaulieu, Board Member for Bas-Saint-Laurent-Gaspésie and
Jean-Guy Chavarie, members of the Branch and a resident of the Riding of Gaspésie-Îles-de-la-Madeleine.

Collaborators Program



Take advantage of services offered to our members with attractive discounts!

The savings you can get from these discounts may far exceed the value of your annual membership fee. Take advantage of it!

To find out about the discounts, access this page by [following this link \(In French\)](#)!

If you have a problem with one of those services, please let us know.

[Contact us.](#)



VIRTUAL ACTIVITIES WITH LES GRANDS EXPLORATEURS

The Branch is happy to offer you a preferential rate for Les Grands Explorateurs film conferences on the Web. Members who subscribe will be able to enjoy the comfort of their own home while viewing the film conferences.

Indeed, for the 2020-2021 season, there are 6 exceptional destinations offered on the web by experienced speakers:

- France, Cambodia, Scotland, Chile, Denmark and Normandy on the Viking route and Italy.
- As well as 3 specials: along the Danube, India and around the world without a penny.

Here are the privileges of the subscribing Branch member:

- Subscription to 6 conferences at the preferential rate of \$ 91 instead of \$ 141. (\$ 23.50 x 6).
- Purchase of a special edition subscription at the preferential rate of \$ 17 instead of \$ 23.50.
- Communicate by phone and do not subscribe online, by mentioning the following promo code: **QCANRF**
- Contact the Grands Explorateurs - Phone: 1-800-558-1002 or 514-521-0757

The film conferences 2020-2021 are in operation since October 25, 2020, and are available to a subscriber until June 30, 2021. Our member subscriber can view the conferences for an unlimited number of times, at his/her convenience, during a period of 14 days starting with the date of the 1st viewing.

If a member already subscribing to the Grands Explorateurs wants to join our group to take advantage of our conditions, he must communicate with the Grands-Explorateurs (GE) to discuss the discount and mention our promo code above.

To learn more about the content of the conferences, [follow this link](#) (In French). Note that our offer is for a private arrangement; it is not mentioned on the website.



REPORT FROM SAGUENAY-LAC-SAINT-JEAN

By Ghislain Lavoie, administrator Saguenay-Lac-Saint-Jean

Hope for better days!

After the spring storm, when September arrived, we resumed our breakfasts at La Baie. We repeated in October. Now that our region is declared a red zone, we broke in November. Needless to say, our restaurant operator had taken all the necessary measures to protect us from COVID. Our fear was to insure not to ever have to resort to health care institutions!

On November 8th, I laid a wreath at Chicoutimi City Hall on your behalf to remember those who sacrificed their lives to ensure our quality of life. My heartfelt gratitude goes to those who gave their lives for us. Without forgetting those who came back with serious consequences to their health. Bravo!

On November 11th, a wreath was presented on our behalf at the Bagotville Base. They kept a minute of silence at eleven o'clock that day to thank all those who fought for a better life. In Arvida, everything had to be cancelled. We made a donation to the Arvida Legion Branch.

If it is allowed, we will resume our **breakfasts** at the Bay on the first Tuesday in December. I will notify people who ask, by sending an email.

For me, the best protection is the wearing of the mask when travelling inside and outside.

If you have federal retirees' friends who are not NAFR members, ask them to join our ranks. The more of us there are, the stronger we will be to advocate successfully and reach more gains.

Together, let's hope for better days for all of us.

Ghislain Lavoie member of the Branch Board. I am here to serve you!



REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE

By Bruno Beaulieu, administrator of Bas-St-Laurent-Gaspésie

It was with great pleasure that I recently joined the *Table de concertation des aînés of the Bas-Saint-Laurent* (TCABSL) region.

"The mission of the *Table de concertation* is to improve the living conditions of all seniors in the Bas-Saint-Laurent by implementing measures to promote sharing, support and partnership. The TCABSL brings together some 100 associations of seniors and community organizations offering services to seniors. "

My participation in this table allows me to meet several community organizations that have the care of seniors at heart and to follow up on the Board of Directors of the Branch with the other colleagues who participate in the Tables de concertation des aînés in their region of the National Capital and Chaudière-Appalaches.

To learn more about the Seniors Table of the Bas-Saint-Laurent region, I invite you to visit [the following website](#) (In French).

Sylvie Harrisson, Liaison Officer, Matane



On November 8th, Sylvie represented the Quebec Branch for the Remembrance Day ceremony which took place at the cenotaph near Jean-Charles Forbes Park in Matane.

Sylvie describes the event to us as follows: "About fifteen people participated in the event, respecting the distancing measures and wearing masks.

Veterans, cadets, politicians and a brave kilted trumpeter and bagpipe player set the mood for the event. Two speeches were brief, followed by the presentation of the wreaths. "

Thank you very much, Sylvie, for your involvement in the Quebec Branch.

MEGA RECRUITMENT CAMPAIGN Enter the contest until Dec. 31. 2020



The Mega Recruitment Campaign is back and this year it's even more ambitious and fabulous! Refer a member of the Association for a chance to win one of [14 awesome prizes, including a \\$10,000 cash](#) grand prize from Johnson Home and Auto Insurance.

There is no limit to the number of Early Birds you can submit! The more people you recommend, the more chances you have of winning!



Give the perfect gift for a chance to win

Give a membership as a gift.

To learn more, visit the Federal Retirees website [by clicking here!](#)

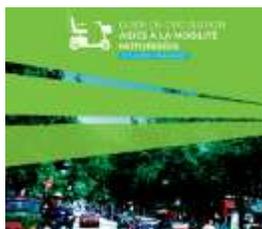
Switch to Source Contribution Deductions (RCS) and save!



A simple and practical way to pay or renew your annual membership fee. A payment option that saves you money.

For more information, [follow this link.](#)

MOTORIZED MOBILITY AID TRAFFIC GUIDE



The Quebec Ministry of Transport has just published a TRAFFIC GUIDE MOTORIZED MOBILITY AIDS SAFETY IN TRANSPORT.

Motorized mobility aids (MAs) are devices designed to compensate for inability to walk. They include electrically powered wheelchairs, scooters and quad scooters.

The Guide describes in particular the permitted and recommended equipment, traffic rules on the various places such as on the pavement, shoulders, bicycle lanes, or sidewalks.

* Mûs = To be put into operation by something, by a source of energy: Vehicle driven by electricity.

To access the complete guide, [click on this link](#) (In French)!

Thank you very much, Nicole Laveau, administrator, for providing us with this information on this guide.
Telephone: 418-407-1809



Supplementary Death Benefit for Public Service Retirees and Canadian Armed Forces Retirees

As a retired civil servant, I am entitled to an additional death benefit of a minimum of \$10,000.

Want to check the status of your file? Your eligibility? The name of your beneficiary?

Am I entitled to this BENEFIT?

For more information, [visit the following website](#)

You can also keep this information with your important documents so your recipient will be notified.

Inform yourself
Public Service Pension Center

 1--800-561-7935

Your pension number # _____



JEANNINE HOTTOTE - OUR BEST MEMORIES

It is with regret that we learned of the death of Ms. Jeannine Hottote, member of our Branch and a former volunteer in the Branch Office in the 1990s.

Our deepest condolences to Ms. Hottote's family. [See her obituary](#) (In French).

Ms. Hottote attended our October 2019 Information Meeting. She was accompanying her great friend, Ms. Gemma Fiset, on the occasion of her recognition as a volunteer and who was celebrating her 100th birthday. (Photo 2018: Madame Hottote and Jean-Marc Demers)



Goodbye Martine!

Martine Laberge, everyone's colleague and friend, passed away on October 31!

Our sincere condolences to her spouse André Gagnon, as well as to her family and friends

Martine will be missed! She took part in most of our Branch activities, especially with the Bowling team. Rest in peace, dear Martine!

[See the obituary](#) (In French).

We need your help!



We need a volunteer to help us write the newsletter. We offer all the support you need to familiarize yourself with this publication, which is important and very popular with our members. We publish 6 issues per year.

You don't have to be an expert! Contact us to find out more!

For more information, contact us: anrf@bellnet.ca
Phone: (418) 661-4896 Toll Free: 1-866-661-4896



Edna Richer,
Coordinator

Branch office hours

Our office has resumed its usual schedule

Hours: 1:00 p.m. to 4:00 p.m., Monday to Thursday

Phone: (418) 661-4896 toll free: 1-866-661-4896

Email: anrf@bellnet.ca

Website: anrf-sq.org

For the holiday season, the office will be closed from December 24th to January 4, 2021.



If you come to meet us at our office, you must wear a mask. Hand sanitizer is available.

Thank you very much for your cooperation.

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Viateur Beaulieu



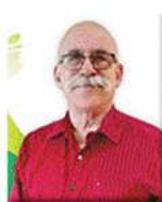
Lise Lavoie



Marianne Lafond



Pierre Marquis



John Le Garignon

NEXT NEWSLETTER

JANUARY 15, 2021