

NEWSLETTER

NAFR - Quebec Branch

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QUEBEC BRANCH OF THE FEDERAL RETIREES

Annual General Virtual Meeting (AGM)

Friday April 9,
2021, at 1:00 p.m.



Register now!

*Event held in French!



You are now convened to our Annual General Meeting which will be held by videoconference on Friday, **April 9, 2021, at 1:00 p.m.**

Sanitary rules do not allow us to meet in person. However, according to our bylaws, we are required to have our budget approved by our members and to proceed with the election of director positions which needed to be filled since 2020.

The terms of office of three directors will expire in April 2021. Some outgoing directors have indicated that they do not wish to stand for re-election. All interested members are asked to contact Me. Jean-Marc Demers, President of the Nominations Committee, by email: jmd01@bell.net. The deadline to submit your application is April 8, 2021.

Your presence is important. Door prizes.

We look forward to having you with us!

REGISTER NOW FOR THE AGM: (In French)

<https://us02web.zoom.us/meeting/register/tZYodumhrjotGNzmEIOPdwdoSHXmrmJMTX9C>

[See the proposed agenda here!](#)

Message from the President

Dear Members,

Once upon a time, many centuries ago, a Gallic rebel, Vercingetorix, inflicted a masterful defeat on Julius Caesar... who was nevertheless the favourite in the polls! (François Fillon, 2017.)

The National Association of Federal Retirees is the nation's premier advocacy organization for serving and retired federal public servants. And that's good news. Nevertheless, there are also 79 branches across Canada. Basically, the branches are representing their members at the national level. So, because of its size and proximity, Quebec Branch becomes our own common project. Where we can make a big difference. Oh there! Here, there is no need for a proportional vote, each vote counts!

" Follow me! "

For some of us, confinement is a quiet sequel of things that repeat itself. It's like drinking a good vintage wine in a plastic glass, it's just not the same! For a few of us, there are video conference after video conferences. Lots of content, but little context. No encounters just by chance, little discussion about the birds and the bees.

What should not be done during confinement? Do nothing! What kinds of challenges can we take on? At a minimum, register for Zoom and attend our Annual General Meeting on April 9th. Raise your hand as a volunteer. Follow our new Facebook page. For the more daring, fill out the form and volunteer to be on the Board of Directors of the Quebec Branch. Yes, but ... Have no fear, there is already a strong team in place that will welcome you with open arms, so to speak.

It's important to have new ideas. Remember, it's when you face challenges that you generate solutions. If Quebec is a political mystery, there are many explanations offered to understand the electoral behaviour of the Capital Region. Well, throughout our Quebec Branch, including Chaudière-Appalaches, Saguenay – Lac-Saint-Jean, Bas-St-Laurent-Gaspésie, we like to show our colours. We need your rebellious demeanour on the Board of Director. Just enough to keep the mystery going.

- "I know, it's a message that's a little twisted, but the myth of the Gaul resistance is too ..."

Remember, April 9th ...



René Grenier
President

ADVOCACY

By Micheline Lefrançois



On February 26th, we received information from our National Office regarding the tabling of a federal Bill to establish a universal and public drug insurance program. Such a program is part of one of the 4 priorities on advocacy for members and the mandate of our Association.

Several questions arise as to the need to have a fair and uniform universal drug insurance system for all, and thus avoid the constant increase in costs for prescription drugs.

One thing is certain, for our association, it is important that "the national pharmacare plan focuses on coordinating with provincial and territorial plans, as well as with private health insurance plans, in order to ensure that current levels of prescription drug coverage are maintained."

I invite you to read in more detail the Association's position and recommendations on pharmacare, which have been submitted to the federal government.

[Learn more about our pharmacare position](#)



"Advocacy Spotlight: Quebec Branch paving the way for Committee appearances"

This is the title of an article published on March 8 on the national website of our Association, concerning advocacy. The Quebec Branch meetings with Members of Parliament from our territory last October are spotlighted.

It should be remembered that the primary purpose of these meetings was to share with our Members of Parliament the four priorities of our Association in the field of advocacy and to invite them to ask questions in the House or in Parliamentary committees.

Our meeting with MP Luc Désilets, Member of Parliament for Rivière-des-Mille-Isles and member of the Standing Committee on Veterans Affairs brought our invitation to appear on the persistent backlog of disability benefits claims at Veterans Affairs Canada.



Rencontre Zoom de la Section de Québec avec les députés Luc Désilets et Alexis Brunelle-Duceppe.

"Advocacy of our members is at the heart of our mission, hence the importance of sharing our priorities with our federal elected representatives" stressed our President, René Grenier

[Read the full article on this subject](#)



FACEBOOK – A TOOL TO STAY CONNECTED!



By Claude Larochelle

The Quebec Branch now has its Facebook Page. The Facebook Page will not replace our website, but will strengthen our means of keeping you abreast of your branch activities. We will mainly post events and news that are ephemeral unlike the web which stores useful information in the longer term.

The cool thing about having a Facebook Page is that you get notified when new posts appear. This means that when you open your own Facebook Page, you will be notified that there is something new on the Quebec Branch page of the National Association of Federal Retirees.

So, don't miss anything and subscribe to our page!

<https://www.facebook.com/RetraitesfederauxQuebec> (In French)

REPORT FROM SAGUENAY-LAC-SAINT-JEAN



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

Our colleague, Ghislain Lavoie, shares with us his experience of working with members of Religious Orders who played an essential role with people in long-term-care centres.

THE FORGOTTEN

Today we are forgetting the lessons of history. I want to talk to you about the nuns, women above all rooted in the society where they lived according to the mentality of their time.

I have had the good fortune to be around them throughout my existence. I find today's society very harsh on them. We judge them with our current mentality. We squash them; we flay them as best as possible. Yet I have only met great women. When I started my career, as head of a dietetic service, it was with them that I worked.

Part of the hospital was a CHSLD, for "chronically ill," as we used to say at the time. They took care of them like members of their own family. The premises were clean, the laundry was ironed, the walls were not flaky and the staff were often trained on the job. These dedicated nuns organized trips for these "sick" patients even though the patients were in diapers. There, we celebrated their birthdays. On Christmas Eve and New Year's Eve, each department received a special evening snack. Wine was on the menu for these two days. It was all without pay. Today, we think that everything can be bought. Salaries are increased, but the abuse continues.

twenty-five patients who were called "crazy" at the time. After a one-hour training session on a Saturday afternoon, I'm at the station at eight the next day. Sister Angèle, a pretty woman, welcomes me in a department of eighty-five people. She introduces me to her responsibilities, then she informs me that she is going to take her day off because finally 'a person who has training agrees to work there.'

It was only those who no longer wanted to work in the bush who accepted this task. The health workers did not want to work there. It was only those who could not work elsewhere for lack of skills, who accepted this type of position. Sister Angèle pampered these people by being on site almost at all times with staff who did their best. All the patients had their Sunday clothes, ten cigarettes a week, hats to protect them from the hot sun when going outside and many other little things.

The following summer, I worked at the Hôtel-Dieu in the dietetics department with Sister Obéline. Again, a beautiful woman dedicated as well to serving patients. They were not yet called 'health users' at the time. It was she who introduced me to dietetics.

At the time of the internship after my graduation from Université Laval, I chose Saint-Sacrement Hospital. Again, there was a nun, an extraordinary woman. Sister Alice Masson directed the service with a masters' hand, dedicated both to the service of the staff and the sick people.

All these women devoted themselves to these people in need, with no regards to their time and salary.

Too bad that today we forget their courage. Why not learn from it instead of demonizing them.

REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE

By Bruneau Beaulieu, administrator of Bas-St-Laurent/Gaspésie



French)

Bas-Saint-Laurent-Gaspésie is also in the midst of a vaccination campaign. Don't hesitate to make an appointment. Information is available in this newsletter.

Spring is getting near! I invite you to participate in the virtual activity ["Feeding the Bas-Saint-Laurent, being inspired for a sustainable food system"](#). (in

Virtual conferences are available on March 18th, from 10:30 a.m. to 12 p.m. on: Three regional projects serving communities: Manger notre Saint-Laurent / Les Petits ambassadeurs / the Fab-Région project, and on April 15th, from 10:30 a.m. to 12 p.m., Le Bas-Saint-Laurent in full swing! Focus on three local initiatives.

"Hosted by independent journalist Hélène Raymond, each meeting will offer interviews, question periods and discussions between participants."

For more information and to register: <https://cosmoss.qc.ca/rendez-vous-nourrir-le-bas-saint-laurent.html> (In French)



NOURRIR LE BAS-SAINT-LAURENT

S'INSPIRER POUR UN SYSTÈME ALIMENTAIRE DURABLE



TROIS RENDEZ-VOUS VIRTUELS DE 10H30 À 12H

4 février 18 mars 15 avril



COVID-19 vaccination campaign

Follow the information on the Government of Quebec website on COVID-19 vaccination. Do not hesitate to visit the site often.

Frequent updates are available on the immunization sequence based on age groups, where to get immunized for all regions, and many other useful information. **Vaccination is free.**

Consult: [Vaccination Campaign against COVID-19](#)



Income Tax time

By Diane Legros

You have questions about the credits and benefits available, both federal and provincial. Consult our hyperlinks presented in our [January Newsletter](#).



Branch Activities



Conference by Madeleine Fortier on March 3, 2021

By Micheline Lefrançois

The participants at Ms. Fortier's conference on "The Weariness of Compassion: How Far to go without burning oneself" have warmly welcomed and greatly appreciated the detailed and realistic descriptions of the activities and emotions of caregivers.

In this conference, Ms. Fortier describes the role of family caregivers and the pitfalls that may lie in wait for them, a topical subject especially in this time of the pandemic. Based on her personal experience and the testimonies of caregivers, workers and volunteers, Ms. Fortier presented the various signs of the wear and tear of compassion and proposed avenues for simple and concrete solutions.



After answering the various questions of the participants, we proceeded to the drawing of 5 copies of Ms. Fortier's book which bears the same title as her conference.

The winners were: Suzanne Marchand, France Verrier, Huguette Martel, Monique Trudel and Jacques Godbout.

Photo: Madeleine Fortier, Speaker, trainer and writer



Conference by Sylvain Lessard of March 5, 2021

By Pierre Marquis, Member of the Communications Committee

Speaker: Sylvain Lessard, television and YouTube columnist and professor at the Duchesnay Forestry Institute.

There were 45 of us attending the presentation which lasted over two hours. Joining us were people from the Mauricie and Outaouais Branches, and including a participant from Paris, France.



Mr. Lessard was able to adapt his conference so as to introduce us to this outdoor activity that will make people happy this spring with the return of these beautiful animals.

* photo on the left: Sylvain Lessard, Ornithologist

In his presentation, he described to us what we need as tools to embark on this adventure: binoculars, a good Birds Guide for Quebec and the Maritimes, and a notebook.

He gave us an overview of the different species of birds that we find in our regions as well as their natural habitats and tips for species recognition.

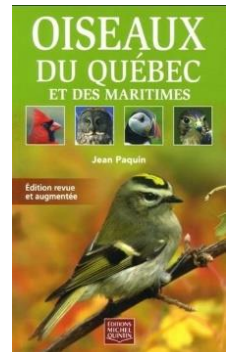
Mr. Lessard kept us going throughout his presentation so that the time passed very quickly. Feedback from participants was very positive.

In short, it was a very informative meeting which was greatly appreciated by the members who attended.

Door prizes were awarded to two participants who each won a 'Guide Book to the Birds of Quebec and the Maritimes'.

Congratulations to the winners: Mrs. Denise Jacob and Mr. Denis Dufour.

[Consult references](#) provided by Sylvain Lessard. (In French)



Photos taken from the zoom screenshots of Sylvain Lessard's presentation



Sylvain Lessard,
ornithologist



René Grenier, President
Quebec branch





Bird habitat diagram



Books available



Edna Richer, coordinator

Branch office hours

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

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Follow us on FACEBOOK



When health regulations require, we work remotely. Please check our phone message before you proceed to the office.

If you come to meet us in person, you must wear a mask. Hand sanitizer is available. Thank you very much for your cooperation.

NEXT NEWSLETTER MAY 15, 2021

Members of the Communications Committee and Collaborators



Micheline Lefrançois



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Diane Legros



Viateur Beaulieu



Lise Lavoie



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