

NEWSLETTER

NAFR - Quebec Branch

INDEX OF TOPICS

- A Word from the President, René Grenier
- Thank you very much, Jean-Marc Demers
- Welcome René Grenier
- The recruitment campaign is back
- Bétonel, Collaborator
- Branch activities
- Harmonia, Collaborator
- Report by Ghislain Lavoie, Saguenay-Lac-Saint-Jean
- Report by Bruno Beaulieu, Bas-Saint-Laurent-Gaspésie
- Our condolences to Mr. Raynald Bujold
- Defence of the rights and interests of our members
- Volunteers needed
- Office hours
- The communications committee
- Next newsletter, November 15, 2020

Message from the President

Dear Members,

This past year has also been marked by the departure of our outgoing president, Jean-Marc Demers, who was at the helm of the Quebec Branch for five years. We would like to warmly thank him for his commitment and his important contribution to the development of our Branch. If I agreed to replace Jean-Marc on short notice, it is because he will remain an active member of the Board until the next annual general meeting.

Alea jacta est! The die is cast! Thank you for your trust in me. I am a Coast Guard retiree, sailor, navigator, icebreaker commander and ultimately a manager. I'm used to offshore storms and the challenges of the ever-changing Federal Public Service.

Why embark on this noble ship, despite the rather special circumstances of this year? Because there is already an amazing team in place! Let's continue on the same path. If the social activities committee has been a bit slowed down, despite itself, we must not neglect those of communications, advocacy (defence of causes), recruiting and all the other initiatives underway. While hoping that the second wave will be not as severe, the Coronavirus Exit committee is in place and ready to continue.

I ask all of you to make a small recruiting effort to fill vacancies on the Board of Directors. Discuss it with your peers who could join our large team of volunteers? If you have any interest or questions, please do not hesitate to contact our office at anrf@bellnet.ca

I take this opportunity to underline National Seniors Day on October 1st. Let us take advantage of this day to show all seniors our gratitude for their important contribution to our society.

I can't wait to meet you!



René Grenier,
President



Thank you very much Jean-Marc!

Jean-Marc Demers is leaving the presidency of our Branch!

Over the past 9 years, as 1st Vice-President, Advisor and others, I have worked closely with Jean-Marc, a man of vision who has devoted himself body and soul to better serve all members of the Branch and Canada. Allow me to write a few lines on the exemplary work of Me Jean-Marc Demers, retired lawyer, 2014 medallist of the Québec Bar 2014.

A lawyer by training, specialist in communications - telecommunications and broadcasting law - Me Jean-Marc has had a 50-year career in the provincial and federal government. Jean-Marc was internationally regarded as one of the top 10 most senior telecommunications regulators.

In 2011, arriving from the Ottawa branch, he proposed his name as a volunteer to Edna, our coordinator. He offered us, without hesitation, his experience and his great availability in order to ensure that the Quebec Branch is one of the best in Canada. In addition, it was obvious that he had the well-being of our members at heart.

Jean-Marc brought with him his experience as a volunteer as president of the Forum of Telecommunications Regulators of Francophone countries, president of the Council of Canadian Administrative Tribunals, president of the Conference of Administrative Judges of Quebec, several years on the Board of the Gala de l'athlète de l'année, volunteer with the Founder of Taekwondo, Korean General Choi Hong Hi President of the International Taekwondo Federation in Vienna, Austria.

During the 5 years as President of our Branch, Jean-Marc was our maestro in obtaining national prizes from the NAFR:

- In 2017, National Collaboration Prize awarded to Serge Boisseau, then 2nd Vice-President;
- In 2018, National Award for Recruitment and Mobilization of Members awarded to the Branch;
- In 2019, The Claude-Edwards National Leadership Prize, awarded to Yves Bouchard, then 1st Vice-President; and
- In 2019, National Award of Excellency awarded to the Branch.

Furthermore, in 2017 the Lieutenant Governor of Quebec, the Honourable J. Michel Doyon, awarded the volunteer medal to Gilles Chevalier, then treasurer.

In 2019, the Governor General of Canada, Her Excellency Julie Payette awarded the Sovereign's Medal for Volunteers to Yves Bouchard.

Me Joël Lightbound, Member of Parliament for Louis-Hébert, awarded a Certificate of Recognition to Yves Bouchard for his volunteering with the Branch, elsewhere in Quebec, in Canada, and in other countries.

Behind all this recognition, it was Jean-Marc who convinced his colleagues and all our volunteers of the exceptional quality of their work. This high quality of their dedication allowed us to stand out from other branches in Canada and to promote our association within Quebec.

Jean-Marc developed and promoted a proposal adopted by the National Annual General Meeting of Members asking that the INSERT of the SAGE magazine be significantly improved. You will have noticed that the quality of this INSERT now approaches that of SAGE itself.

Finally, Jean-Marc, a proud man, a thinker and a tireless patient worker, has devoted a great deal of energy ensuring that our members have a better quality of life and that the Quebec Branch shines. Paying homage to a personality like Jean-Marc in a one-page text is unfair as the list of accomplishments is so long to bear witness to the relentless work of this great man! True to himself, Jean-Marc, a volunteer at the heart, remains a member of the Board of Directors, as he convinced all his close collaborators to do in order to ensure a smooth transition.



Yves Bouchard,
Advisor to the BD of the Quebec branch

Welcome to René Grenier, new president of the Quebec Branch



The Quebec Branch is pleased to welcome René Grenier as our new president. It was during the Board of Directors meeting on September 17th that Mr. Grenier was elected by the directors of the branch.

"It is with great pleasure that I accept the post of President. Thank you very much for placing your trust in me. I count on the invaluable collaboration of my colleagues on the Executive Committee and the Board of Directors, as well as the volunteers to ensure the rolling out of all the activities of the Section. I am counting on the support of my predecessor, Jean-Marc Demers, who remains a director, to make the necessary transitions," said Mr. Grenier.

We wish René good luck and we assure him of our unconditional support.

Micheline Lefrançois, 1st Vice-President



HARMONIA, IN COLLABORATION WITH THE QUEBEC BRANCH

As part of an agreement with the National Association of Federal Retirees, the Funeral Home Harmonia offers you a \$ 200 discount on the purchase of funeral pre-arrangements. This offer is valid at any time for the Quebec Branch members and extends to the first-degree family.

Contact us at 1-866-681-9797 to speak with a [Harmonia](#) Funeral Counselor.



The Mega recruitment campaign is back!

The Mega Recruitment Campaign is back and this year it's even more ambitious and fabulous!

Refer a member to 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**.

The pre-draw prize is a \$ 500 prepaid credit card, offered by SimplyConnect. As the pre-draw takes place on October 30th, start referring potential members early and often!

There is no limit to the number of entries you can submit! The more people you refer, the more chances you have of winning!

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

[How to become a member](#).



Switch to (Dues Deduction at Source) DDS and save!

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

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



Bétonel, new collaborator of the Quebec Branch - by Micheline Lefrançois

The Quebec Branch is pleased to share with its members our new collaboration with the **Bétonel / Dulux company**.

This collaboration allows our members throughout the Branch territory to benefit from a discount of:

- 20% Discount on the retail price for all paints / stains manufactured by PPG.
- 10% discount on accessories such as rollers, brushes, etc.

The Bétonel / Dulux store network has 72 branches in Quebec. Here is a link which will allow you to [find a branch near to you](#).

All you have to do is mention that you are a member, preferably with your membership card, and mention the account # and the name under which your discounts are found.

Account # 317415380000 - under the name: NAFR branch of Quebec.

If you have any questions, please do not hesitate to contact our office:
Email: anrf@bellnet.ca Phone :1-866-661-4896



Social activities of the Branch



Golf tournament at Club Royal Charbourg

On September 8th, the golf tournament was held at Club Royal Charbourg with the participation of 30 players.

Bravo to the winning team: Germain Boivin presents the trophy to the winners: Rodrygue Harvey (checked shirt), Marie-France Gagné and Claude Gauthier.

As is customary, there is also after-golf to discuss the hits of the day.

The golf season ends on September 22, 2020.

For those who are interested in next year, please do not hesitate to contact Germain Boivin, email: gboivin@videotron.ca

Telephone: 418-407-1809

Social activities of the Branch are still on «hold. » We follow the instructions of public health in this regard.

As soon as it is permitted to do so, our Social Activities Committee will be ready to offer you cultural and social activities as they have done in the past.

We will keep you informed as soon as our activities resume.

Thank you for your collaboration!

The Social Activities Committee.



REPORT FROM SAGUENAY-LAC-SAINT-JEAN

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

Lessons from the past to better experience the present.

The army has made the difference in the CHSLDs. People who obey orders. These people can clean places, take care of people, listen, entertain. But the staff in these places share the work. A nurse cannot pick up dirt from the floor without being criticized.

Both leaders and unions are responsible for this situation. The soldier could have done anything. The population, instead of uniting to help people in personal situations of «decreasing autonomy », let it go and are scandalized by the situation. To have access to a CHSLD, the criterion is not age as our leaders let us understand, but it is an incurable disease. But residents younger than seniors live there too and we have not taken this into account. Yet our ancestors have gone through the Spanish flu without today's means. They helped each other. When a person was going through a disaster, there was a chore. Today, it's every man for himself. The responsibility lies with the government. In some establishments, patients have simply been left to fend for themselves.

After the terrible disaster in Beirut, I saw the spirit of our deceased parents revive. The population did not wait for the government. I saw all these people come out of their homes with brooms and shovels to clear the streets and rescue all the victims. I was delighted to see everyone at work without waiting for anyone. Without the like of a CERB (Canada Emergency Response Benefit), they took action.

In Quebec, I have also noticed how many people have demonstrated their know-how and their imagination. Reusable masks have been made. Hand-washing stations have appeared. Protective clothing that is also reusable has been proposed. All this while respecting the environment. Unfortunately, our leaders did not give all the space that these creations deserved.

As a trained dietician, I offer you health advice.

For your health, if you don't eat a lot of vegetables all year round and you enjoy all those beautiful displays of fresh vegetables in the markets produced by our farmers and you have stomach aches, that's normal. Your intestines are not used to receiving them.

Autumn is on the horizon!



REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE

By Bruno Beaulieu, administrator, Bas-Saint-Laurent-Gaspésie

As part of our new theme on the environment, Bruno Beaulieu, biophysicist and meteorologist by training, presents an article on:

Covid-19 and the environment

COVID-19 affects us in everyday life, but it is also linked to the environment. The following summary is based on data from the World Health Organization as well as from meteorology. COVID-19 caused a very significant slowdown in economic activity, which therefore led to a significant decrease in pollution (Greenhouse Gas (GHG), etc.). However, studies show that some of these effects were short-lived. For example, following the global financial crisis of 2007-2008, GHG emissions which had decreased during the crisis increased more strongly after the crisis.

On the health side, studies seem to indicate that the risk of transmission of viruses (such as COVID-19) is high for species that have expanded their range by adapting or living in areas dominated by humans.

In addition, unexpected effects on the environment are observed, such as the disposal of masks in inappropriate places like toilets, etc.

The majority of researchers agree that it is too early to conclude on the effects of COVID-19 on the environment and much research is still needed.

Sad news for one of our members from Gaspé



On behalf of all the members of our Branch, we offer our most sincere condolences to Mr. Raynald Bujold of Gaspé. Raynald's son, Mathieu Bujold, accidentally died on the road on September 11 at the age of 43. This is a very sad news!

We wish Raynald and the members of his family much courage to go through this ordeal. President René Grenier

Advocacy for our members is always in the foreground



By Micheline Lefrançois, 1st Vice-President

As you know, the primary mission of our association is advocacy for our members and future members.

Our national office has implemented a strategy called "Outreach 338" corresponding to the 338 federal electoral districts across Canada.

Each Branch is invited to contact members of Parliament in its territory, regardless of political stripe, to share our priorities with them and secure their commitment to seize every opportunity to protect federal pensions and hard-earned benefits of federal retirees. We call on them to support meaningful policies that improve the lives of retirees and future retirees and their families.

On January 12th, the Branch wrote to all members of the Parliament of its territory. Several showed their interest in meeting with us. The health situation due to the pandemic slowed down the momentum. Members of Parliament have also been very busy meeting the urgent needs of their citizens.

On September 1st, the Branch reiterated its invitation to the following three members: The Honourable Diane Lebouthillier member for Gaspésie-Les-Iles-de-la-Madeleine, Minister of National Revenue, Mr. Gérard Deltell, Member of Parliament for Louis-Saint-Laurent, House Leader of the Conservative Party, and Mr. Alexis Brunelle-Duceppe, Member of Parliament for Lac-Saint-Jean, of the Bloc Québécois, reminding them of our priorities and inviting them to meet us virtually. We will keep you posted on the developments.



On September 18th, the Branch's executive committee under the chairmanship of René Grenier accompanied by Micheline Lefrançois, Roland Langevin and Jean-Marc Demers met virtually Mr. Gérard Deltell, in order to discuss with him the four priorities of the NAFR: Retirement Income Security, a National Seniors Strategy, a Policy to Improve Outcomes for Veterans, and a Universal, Public Pharmacare Program. This meeting was very positive. An interesting and open discussion allowed our team to recall our priorities for retirees and future retirees, these women and men who have worked a very large part of their lives for the federal government and who have contributed financially to their pension funds.

We will keep you informed on other meetings.

To find out more about our priorities, [see this pdf link](#).

POLICY RECOMMENDATIONS

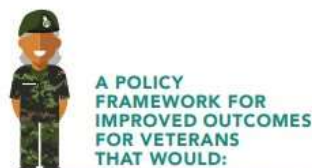
Federal Retirees looks forward to working with Members of Parliament to advance the following important policy recommendations during this government's mandate.



- Encourage well-managed defined benefit pension plans and enable retirees to contribute to a strong economy;
- Reject legislation that allows employers to walk away from their pension promises;
- Plan for enhancements to the Canada Pension Plan to ensure that those who do not have a workplace pension plan are able to save enough for retirement;
- Strategically increase the Guaranteed Income Supplement to lift the most vulnerable seniors out of poverty;
- Prioritize employees and retirees in bankruptcy, so that all Canadians can retire in dignity; and
- Repair issues with the federal public sector pension plans and address concerns with the Phoenix pay system to help mend the relationship between the government and its current and former public servants and veterans.



- Address the social determinants of health, such as income security, housing and transportation;
- Assure a continuum of health care closer to home;
- Provide for resource planning and sustainable financing for health care, health care workers and caregivers;
- Recognize and support the work of informal caregivers;
- Promote and fund innovation in home and community care; and
- Develop and implement policy solutions to address ageism, elder abuse and social isolation.



- Ensure the Canadian Armed Forces and RCMP achieve equitable outcomes for serving and veteran women, starting with federally-funded defence and veteran-related health and wellness research to follow GBA+ and Sex and Gender Equity in Research (SAGER) guidelines;
- Ensure a seamless, supported and successful transition and release from service;
- Ensure the most vulnerable ill and injured veterans and their caregivers are supported with adequate planning and programming, including financial supports;
- Assure timely and transparent decisions for veterans waiting to access benefits and programs, or awaiting the outcome of appeals; and
- Rebuild trust with veterans by improving outcome and communications, particularly by working with national service providers, non-profit and community-based organizations.



- Is based on the Pharmacare Consensus Principles of universality, public single-payer administration, accessibility, comprehensiveness and portable coverage;
- Coordinates with existing public and private prescription drug coverage to see that current levels of prescription drug coverage – and health – are maintained or improved; and
- Monitors the prescribing and use of drugs to ensure safe and appropriate use of medications.



Volunteers Need

The activities of our Branch are essentially based on the work of our volunteers. We are fortunate to have excellent volunteers in different spheres of activity. We need volunteers for the following positions:

- Auditor position
- Editor-in-chief of the Newsletter

Those who are volunteering now are ready to support new volunteers into a smooth transition.

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



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



Pierre Marquis



Viateur Beaulieu



Lise Lavoie



Marianne Lafond



Lucie Tremblay



John Le Garignon

NEXT NEWSLETTER NOVEMBER 15, 2020



Have a Good Fall Season!