

NEWSLETTER

NAFR - Quebec Branch

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Message from the President

Dear Members:

We are facing a 2020 summer of a different kind!

The Branch has adapted to strict health regulations making sure you are kept well informed!

On June 2nd, we offered a Virtual Conference on how to "Take advantage of the situation in times of insecurity" by Guy Lefebvre who shared information on how to live better and healthier in times of confinement.

Last June 18th, the two senior Board members Serge Boisseau and Gilles Chevalier decided not to stand for re-election. René Grenier and Germain Boivin were newly appointed in their stead. Micheline Lefrançois and Ghislain Lavoie are continuing until the next general meeting.

My friends, we say goodbye to an 18-year board veteran: Gilles Chevalier, treasurer and holding other jobs before. This is the retirement of a pioneer... a proud 2017 medallist from the Lieutenant Governor of Quebec.

We are also saying goodbye to Serge Boisseau, 1st vice-president for the past year and vice-president for 6 years, recruiters before the eternal, master of ceremonies for our meetings, volunteer on recruitment in the national office, 2017 NAFR National Prize for collaboration. We owe Serge the spark that ignited the idea of setting up our very successful 2016 Conference by Me Jean-Pierre Ménard on Medical Assistance in dying.

Gilles and Serge and Yves Bouchard are joining the Board as special advisers. I invite you to consult [this link](#) to get to know all members of the Board of Directors.

Thank you to the communications committee which takes a well-deserved summer break. The newsletter will be back in September. Do not hesitate to communicate with us anyway. Virtually, we are still close to you!



Happy Canada Day and have a good summer!

Jean-Marc Demers,
President



Thank you very much Edna, for your precious collaboration!

**Edna Richer, Coordinator,
Quebec Branch**

Our coordinator Edna Richer has worked hard to maintain the transparency of office services for the past three months. Access to the office being impossible (our office being located in a building where there was a COVID 19 outbreak). Like many others, this time of confinement has turned her work upside down.

Edna has made the best out of the situation and has moved our activities to her residence: call transfers, mail forwarding, organization of numerous ZOOM meetings, forwarding of documents to our doors and much more. All the while using the speed of the Internet rather than using Canada Post!

Edna was available 7 days a week regardless of her regular schedule. With this flexibility and the addition of Zoom technology kept running by Edna, the Branch was not idled for a moment! Meetings, assemblies, Board and Executive, emails, phones!

With these great tools and Edna at the controlling end, members who provided us with an email address did not feel any decrease in the communications process; June 2nd café conference, June 18th Meeting, Board of Directors Meetings, working meetings, Virtual Violin Concert on July 2nd.

Thank you very much, Edna, for your continued support and dedication to the Branch since 2011!

Micheline Lefrançois



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We need you!

By Micheline Lefrançois

The activities of our Branch are mainly based on the work of our volunteers. We are fortunate to have excellent volunteers in different spheres of activity.

In addition, we want to avoid their fatigue. Those in place are often ready to make the transition by supporting new volunteers through the transfer of knowledge.

The Quebec Branch needs volunteers for the following positions:

Position of Auditor

Search criteria:

- Trained as an accountant;
- Member of the Branch;
- Interested in knowing about our branch, its mission and its functioning.

The job of Auditor does not require long hours of volunteer work. In addition, transition times are planned with the current auditor.

Secretary of the Branch and member of the Board of Directors

- Be a member of the Branch;
- Be able to write texts;
- Participate and prepare reports;

The Secretary of the Board of Directors works in close collaboration with the President and other members of the Board in mutual support. He or she will be well informed!

Chief Editor of the Newsletter

- Be a member of the Branch.
- Create articles and make corrections in French.
- Comfortable in teaming with members of the Communications Committee and the Board of Directors.
- Publish 6 newsletters per year with the support of collaborators.

The person will have the support necessary to ensure a smooth transition.

If you have any interest or have questions regarding these 3 volunteer positions, please contact Jean-Marc Demers, Branch President at: anrf@bellnet.ca



STROM SPA NORDIQUE / REOPENING 27.06.2020

The management of STROM spa nordique is pleased to announce to you, following the approval of public health, the reopening from June 27th of its services in all its establishments.

Your unconditional haven to rediscover

We have taken advantage of the last few weeks to take care of our facilities, which are more beautiful than ever and now ready to welcome you. Come and enjoy our relaxation areas in the heart of nature to contemplate the panorama and soak up the mild summer days. In the coming weeks, we will have the opportunity to present you, a new gastronomic menu designed especially for the summer season, our outdoor terraces to discover it, as well as our brand-new summer packages. Everything is ready for you to spend the best vacation, right here in Québec!

We are proud to have overcome this crisis by staying close to our community, our customers and our employees, and by promoting the values of mutual assistance, sharing and solidarity.

We would like to remind you that in 2019, STROM Spa Nordique du Vieux-Québec was awarded three prizes for its architectural design.

Discounts for members of the NAFR:

1 (877) 761-2772

infoqbc@stromspa.com

515, boul. Champlain
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www.stromspa.com

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* Upon presentation of your membership card and confirmation of the promotional code.



Social activities of the Branch

By the Social Activities Committee

Social activities of the Branch are still on pause despite the deconfinement of several restaurants, shops, etc. An exception for Golf.

Indeed, we consider that the situation is too precarious to organize gatherings with our members.

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

Thank you for your collaboration!



On May 20th, public health authorized the opening of golf courses accompanied by prevailing health guidelines.

Our golf enthusiasts were quick to follow suit. Since June 2nd, 26 players have enjoyed their sport at Golf Royal Charbourg, Notre-Dame des Laurentides. <https://royalcharbourg.com/> (In French)

There is always room for interested parties, members or non-members. You only have to contact Germain Boivin, email: gboivin@videotron.ca 418-407-1809.



On June 2nd, the Quebec Branch offered its members, for the first time, a virtual café conference on the theme "Take advantage of the situation in times of insecurity" presented by Guy Lefebvre, Founder of the Institute of retirement planning (IPR). 34 members participated.

According to the participant survey, this new experience with our members was greatly appreciated. For us too, the health situation encourages new ways for doing things to reach our members and offer them new activities. Our challenge remains to reach members who do not have access to a computer. Fortunately, the Sage magazine and the inset of our Branch allow us to reach all of our members.



On July 2nd at 3:00 p.m., a virtual concert was offered to members of the Quebec Branch by Mrs. Caroline Béchard, violinist (*photo on the left*) of the group of first violins of the Orchestre Symphonique de Québec.

In this period of confinement, we wanted to offer a cultural activity of interest to those who appreciate music performed by a Quebec musician of international renown.

REPORT FROM SAGUENAY-LAC-SAINT-JEAN



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

Activities in the Saguenay-Lac-Saint-Jean region are always on hold for breakfasts and the assembly.

Forest and brush fires

The Quebec Branch stands in solidarity with the citizens of the region struggling with forest fires north of Lac-Saint-Jean. Brush fires also broke out in Saint-Fulgence, as well as in La Baie, Roberval, Sainte-Monique, Arvida, and Saint-Bruno. *

We wish good luck and better days to the citizens of this beautiful region!

* Source: Le Quotidien, June 28, 2020

REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE



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

Activities are also on hold. We will keep you informed upon resumption.

Taking advantage of summer by visiting Quebec, but ...



By Micheline Lefrançois, 1st Vice-President

There will surely be many tourists who will visit our beautiful regions during the summer. We invite you to fully enjoy your vacation in complete safety in accordance with the [Quebec health guidelines](#). **

Have a good summer!

Branch office summer hours

From June 29th to August 31, 2020, Wednesdays and Thursdays from 1 p.m. to 4 p.m.

We take our phone calls and emails remotely

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Members of the Communications Committee and Collaborators



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Marianne Lafond



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NEXT NEWSLETTER SEPTEMBER 15, 2020