

NEWSLETTER

NAFR - Quebec Branch

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A word from the president

Dear Members,

Cancellation of General Meetings on April 3rd, May 7th and 14th.

For the protection of our members against the coronavirus 19 pandemic, **we canceled our General Annual Meeting (GAM) scheduled for April 3rd at Patro Roc-Amadour, as well as the regional meeting of May 7th in Matane and May 14th in Jonquiere.** Contrary to the information in our Spring SAGE magazine, which you just received, we have to cancel our annual meetings.

For the same reason, we have canceled all social activities until June 1st.

We are planning to hold our next general meeting in the Fall.

As you know, we are a group, the majority of whose members are among the most vulnerable to the pandemic, according to health authorities. We must refrain from creating opportunities to expose them to the virus by proximity.

The participation of our members in our activities must be a moment of relaxation, for some a moment of breaking out of all isolation. Organizing an activity where the advice of health authorities warns of the dangers of contagion would be contrary to this value.

On your behalf, I would like to thank my colleagues on the Board and all of our volunteers who, without exception, supported our efforts to cancel activities that they had taken the time and thoroughness to prepare. I also thank Lionel Raymond and Alex Charrette from the national office for their understanding.

Please do not hesitate to share this information with your Branch colleagues who do not receive this newsletter because they have unfortunately not informed us of their email address.

We advise you to keep yourself informed and to follow the instructions of our health authorities seriously!



Jean-Marc Demers,
Branch President



The Quebec Branch will host the six presidents of Quebec and the 2 members of the National Board of Directors - April 28-29-30, 2020

Next April, our Branch will host the Spring meeting of the presidents of the 6 Quebec branches on the theme of the *Recognition of Quebec members across the Canadian NAFR*. It will be a pleasure to warmly welcome the presidents of the Mauricie, Montreal, Outaouais, Cantons-de-l'Est and Haute-Yamaska branches on your behalf.

The 6 Branches represent 34,000 NAFR members, about 20% of all members in Canada.

These meetings are useful to exchange work plans, respective priorities and share best practices. Currently, in sync with national priorities, the focus is on recruiting and retaining members. The presidents discuss the subjects on the agenda of the Annual National Members' Meeting to be held in Gatineau in June where members of all provinces are represented. We will keep you informed about these meetings.

Jean-Marc Demers



The presidents:

Donald Déry, Outaouais, Régis Charron, Haute-Yamaska, Daniel Morin, Montréal, Roger Bergeron, Mauricie, Jean Saint-Pierre, Cantons-de-l'Est, Jean-Marc Demers, Québec



Jacques Lambert and James Nicholson
National Directors of Quebec



Social activities of the Branch

By the Social Activities Committee

Sugar shack



CANCELLED - FOR PEOPLE WHO HAVE ALREADY PAID BY CHEQUE, WE WILL DESTROY THEM, UNLESS OTHERWISE INSTRUCTED BY YOU

Érablière du Cap, Saint-Nicolas, April 8, 2020, 12 p.m., Price: \$ 19.50 per person, responsible Gilles Croteau, paugil@videotron.ca

Invitation to the Beaumont St-Michel Summer Theatre



Title of the play: "ONE HOUR OF TRANQUILITY" (In French)
Date: Thursday, July 2, 2020, at 8 p.m.

Group price: \$ 39.00 per person for members and \$ 41.50 per person for non-members. Payable by cheque in the name of: ANRF – section de Québec

Reservations with Gilles Croteau from our Branch: (418) 839-8381
paugil@videotron.ca

See the branch's calendar of activities by [following this link!](#) (In French)

RECRUITMENT



By **Serge Boisseau, 1st Vice-President**

DON'T WAIT TO BE RETIRED TO BE A MEMBER, DO IT NOW!

This month, we'd like to update you on the excellent recruiting and outreach work done by your administrators and liaison officers to date.

We are still very present in the various federal departments on our territory, thanks to our precious collaboration with the *Institute for Retirement Planning* (IRP) in the framework of retirement planning sessions and in midterm career sessions.

Since the beginning of 2020, we have already had four meetings with IRP for a total of 120 people from different federal departments who have been made aware of NAFR and for whom we are aiming for future membership.

One of these sessions was held at the Maurice-Lamontagne Institute in Sainte-Flavie and was moderated by Bruno Beaulieu, administrator of Bas-Saint-Laurent-Gaspésie, accompanied by Sylvie Harrison, liaison officer for this region.

A further Department office is currently being approached in Matane and discussions are underway to gain access to employees - approximately 400 people from our large federal family work there.

In addition, there will be a kiosk at these two locations for National Public Service Week to be held from June 14 to 20, 2020.

Other kiosks will also be set up at different locations on our territory in order to increase our visibility and recruit members.

For Saguenay-Lac-Saint-Jean, recruitment and awareness work continues in social activities for our members, thanks to the regular involvement of our local administrator Ghislain Lavoie in cooperation with our local liaison officers.

As soon as the IRP is holding sessions in this region, we will be happy to join in through our administrator from Saguenay-Lac St Jean.

As you know, any member of the federal public service eligible for a pension can become a member of our large NAFR federal family, whether he/she is currently at work or retired.

We all have a great opportunity to invite a former fellow worker to join our Association. Do not hesitate to publicize NAFR and its importance in advocacy for our members and future members.

Membership Fees - Individual: \$ 51.36 or \$ 4.28 / month
Family: \$ 66.60 or 5.55 / month

For more information, visit the national NAFR website: federalretirees.ca
Telephone: 613-745-2559 or toll free at 1-855-304-4700.

We look forward to meeting you at a future meeting!

Serge Boisseau,

ADVOCACY



By Micheline Lefrançois, 2nd Vice-President

Following the federal elections of October 2019, our branch has reminded its priorities to our elected members, regardless of the political party. In fact, our 2019-2024 strategic plan clearly reflects the importance of NAFR advocacy for the best interests of our members and seeking to be recognized as a respected national spokesperson who supports a safe, healthy and dignified retirement for federal retirees and all Canadians. (First goal of the strategic plan).

Each branch of NAFR is invited to meet with its MPs to remind them of our priorities and find out their work plan in this regard. The Quebec Branch issued an invitation to the MPs on our territory. We have received feedback from some of them that we will meet. We will keep you informed of the results of these exchanges.

I invite you to visit the NAFR website under the Advocacy tab.

REPORT FROM SAGUENAY-LAC-SAINT-JEAN



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

OUR GENERAL INFORMATION MEETING (GIM) **OF MAY 14th IN JONQUIÈRE IS CANCELLED**, FOR REASONS OF PUBLIC HEALTH AS SET OUT ABOVE BY OUR PRESIDENT.

The election of a member of the Board representing Saguenay-Lac-Saint-Jean is postponed to the Fall meeting. I told the Chair of the Nominations Committee that I was a candidate for reelection. We will keep you informed.

Please inform those around you of the cancellation of our meeting, especially those who do not receive this newsletter. Thank you for your collaboration and we look forward to meeting you in the near future.

Ghislain Lavoie
Administrateur
voieghis28@gmail.com



Christmas party at La Baie



REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE



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

OUR GENERAL INFORMATION MEETING (GIM) **OF MAY 7th IN MATANE IS CANCELLED**, FOR REASONS OF PUBLIC HEALTH AS SET OUT HIGHER BY OUR PRESIDENT.

Please inform those around you of the cancellation of our meeting, especially those who do not receive this newsletter. Thank you for your collaboration and we look forward to meeting you in the near future.

Bruno Beaulieu,
Administrateur
brubeaulieu@cgocable.ca



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

How to protect ourselves against lightning

What can you do to protect yourself and your family from lightning? For an overview of the lightning safety measures, see the following link from Environment Canada ([LIGHTNING](#)).

In addition, it contains useful links on lightning ex: lightning risk map. Here is a summary of these security measures:

Outside:

- Avoid ending up in places higher than the surrounding area.
- Do not end up on or in the water (boats, swimming).
- Stay away from objects that are conductors of electricity. Ex: golf clubs, golf carts, etc.
- Avoid being the highest in an open space.
- You are safe inside a car, BUT beware of fallen power lines that could touch your car.
- In the forest, take shelter under dense vegetation formed by bushes.
- Watch out for flash floods caused by thunderstorms when sheltering in a ditch.

Inside:

- Before thunderstorms unplug electrical devices as much as possible.
- Avoid going outside unless it is necessary.
- Keep as many walls as possible between you and the outside. Stay away from windows.
- Working on a connected computer, taking a telephone or other device while it is charging are dangerous practices. Lightning travels through electrical wires and cords and pipes until it reaches the ground (or you if in contact with them)
- Do not take a shower, do laundry or do the dishes by hand during a thunderstorm, water is a conductor and lightning can circulate in the pipes.
- Use wireless or battery-powered devices only.

Bruno Beaulieu

MOBILITY OF SENIORS

By Nicole Laveau, administrator



THE LONG-TERM CARE HOSTING CENTRES (CHSLD) IN QUESTION Part 2

In my previous clip, I mainly described the work and directions of the Ministry of Health and Social Services (MSSS). Here is the continuation of the following points:

- Valuing the experience of beneficiaries in CHSLDs
- Living in a CHSLD: dimensions of an experience.

Here is [the web link](#) to the full presentations (In French)

ENHANCE THE EXPERIENCE OF BENEFICIARIES (PRÉPOSÉ-E-S AUX BÉNÉFICIAIRES - PAB) IN CHSLD

In the Quebec Budget for 2019/2020, \$ 92.5M was announced to increase the number of nursing staff in CHSLDs. The PAB must carry out all of the assistance activities towards residents in their daily life.

In addition to the recruitment problem, we must add a recognition plan for their work with a "PAB promotion logic." It is necessary to highlight the major role they play in the transmission of information to other stakeholders, not to mention the resident's family, to help them make a decision that concerns the resident.

The work of a PAB is demanding, both physically and emotionally, because of the proximity to the resident. This may explain a high rate of absence from work for reasons of health and safety at work.

Their sense of duty is unanimously recognized: **helping and making a difference in the lives of residents.**

LIVING IN A CHSLD: DIMENSIONS OF AN EXPERIENCE.

Research projects have demonstrated a series of paradoxes and contrasts, both for residents and for workers in this environment.

In conclusion, the dimensions of the person, of their humanity, are threatened, such as their capacity to undertake (their autonomy), their security (their vulnerability), their difference (their singularity) and their empathy (to hear and understand).

Thoughts on retirement



By Raynald Létourneau, member and collaborator of the Newsletter

I invite you to read Raynald Létourneau, a member of our branch and economist by training, on his Thoughts on Retirement. Mr. Létourneau has had a career in Ottawa in different federal organizations and departments such as the Bank of Canada, the Department of Finance, the Economic Council of Canada, Industry Canada and Health Canada.

He is retired since January 2012 when he was employed by Human Resources and Skills Development - today Employment and Social Development. His last major task in this ministry was to lead a research group on issues related to the well-being of Canadians.

He mentions that in this short text he wishes to bring together the important issues raised by retirement. It is the result of a long process and is addressed to those who are interested in this subject matter by offering them avenues for thought.

Thank you Mr. Létourneau for your collaboration. Micheline Lefrançois.

Thoughts on Retirement

I made the choice to enter the world of retirement by following a long process of withdrawing from professional life, having decided to change course, to move towards something new. Seeing retirement in this way requires an inner approach that calls into question many achievements. This transition was sometimes difficult because I experienced it authentically, avoiding easy choices.

I realized that making a successful retirement was about being happy and that there was no exam, interview or test to complete to get there. It was simply necessary, after all these years dictated by performance and obligations, to know myself better in order to make the choices that look like me.

Retirement is a great time to take a break and think about what we want to accomplish in the years we have left. It is essential to prepare well and give direction to your retirement to make it more fruitful.

I am now well anchored in my new life and I wanted to gather, in this short text, the points that seem essential to a happy retirement. This summary covers readings, advice from my counselor, discussions with my loved ones and, of course, the experience of my first years of retirement.

Importance of the Social Network

Read more of Raynald Létourneau's [text here!](#) (In French)

FADOQ – AN EVENING VISIT BY BONHOMME!

(photos Lise Lavoie)



régions
de Québec et
Chaudière-Appalaches

More than 90 of us have braved the storm of February 7th to participate in the FADOQ evening at the Fernand Dufour Center (Club FADOQ - Vanier). Members of the Quebec branch were present and enjoyed their evening, the atmosphere and the visit of Bonhomme Carnaval.

Thanks to Roland and Denise Langevin for their involvement in this evening and the invitation to the members of the NAFR.



Yves Bouchard, Jocelyn Boivin and Micheline Bélanger, Gaétane Bergeron and André



Bonhomme Carnaval making his official entrance



Bonhomme Carnaval and guests



Denise Langevin and Bonhomme Carnaval

**BRANCH
BREAKFASTS ARE
CANCELLED UNTIL
JUNE 1, 2020**

Breakfast – Quebec City

On the last Wednesday of the month at 8:30 a.m., at the Tomas Tam Restaurant at [325 Marais Street in Quebec City](#) (Vanier), G1M 3A2 phone: 418-527-2211.

Monthly Breakfast of the Bas-Saint-Laurent-Gaspésie sub-branch.

On the second Wednesday of the month, at 9:30 a.m., at the Pub Ô 'Farfadet restaurant, [298, Armand-Thériault Boulevard, Rivière-du-Loup](#) (Mall).

Monthly Breakfast of the Saguenay-Lac-Saint-Jean sub-branch.

La Baie - the first Tuesday of the month, at 9:30 a.m., at the restaurant La Normande, [2761, Mgr Dufour, 2761 Rue Monseigneur-Dufour, The Bay](#), Saguenay,

Alma - the last Wednesday of the month, at 9:30 a.m., at Coq Rôti, [430 Sacré-Coeur Street, Alma](#)

Consult our calendar for more information [by following this link!](#)

NATIONAL ASSOCIATION OF FEDERAL RETIREES

QUEBEC BRANCH

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2nd Vice President

Micheline Lefrançois

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CONTACT US

Quebec Branch Office

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Email: anrf@bellnet.ca

Website: anrf-sq.org

Schedule: The office is open from 1:30 p.m. to 4:30 p.m. Monday to Thursday inclusively.

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Pierre Marquis



Lise Lavoie



Marianne Lafond



Lucie Tremblay



John Le Garignon

NEXT NEWSLETTER MAY 15, 2020
